

Patient Name: _____

Introduction: Nitrous oxide is a colorless, slightly sweet gas that is used during dental treatment for relaxation and anxiety relief. When inhaled, it can induce feelings of euphoria and sedation. It also can produce sensations of drowsiness, warmth, and tingling in the hands, feet and/or about the mouth. In the dental setting, it will not induce unconsciousness. You will be able to swallow, talk and cough as needed.

Contradictions: Please let us know if you have any of the following medical conditions because we may not be able to safely use nitrous oxide: congestive heart failure, chronic obstructive pulmonary disease (COPD), chronic bronchitis, emphysema, chronic asthma, bronchiectasis, pregnancy, hepatitis B or C, tuberculosis, macrocytic anemia, immune diseases, respiratory diseases, middle-ear infections, or a history of substance abuse. Also, if you suffer from claustrophobia, you may choose not to use nitrous oxide.

Preoperative guidelines: Nitrous oxide is administered through a nasal mask. You must be able to breathe through the nose (blocked nasal passages, colds, etc., defeat the idea of using nitrous oxide for relaxation). Avoid eating at least four hours prior to the dental appointment. Avoid caffeinated products before coming in for treatment. Nitrous oxide may cause “stomach butterflies” (nausea), which may result in vomiting. On the day of your appointment, do not take any anti-depressants (unless your dentist is aware of them) or other sedatives unless prescribed by your dentist.

Instructions during nitrous oxide use: Your mask must remain firmly in place during the entire period. Do not breathe through your mouth. Breathe through the nose only. Notify the doctor if you are experiencing difficulty breathing through your nose. You cannot talk while nitrous oxide is being used. Talking blows nitrous oxide into the room air, lessening the desired effect for you and exposing the dental staff to the nitrous effects.

Postoperative guidelines: Recovery from nitrous oxide sedation is rapid. The gas will be flushed from your system with oxygen. If you feel dizzy after the sedation, remain seated. The sensation usually passes in a few minutes. Do not leave the office until your head feels clear and you are able to function (i.e., walk and drive) safely.

Risks of nitrous oxide: You may feel nauseated, dizzy, drowsy or claustrophobic during and after sedation.

Alternatives to nitrous oxide: You may choose not to use nitrous oxide and complete your dental treatment without addressing your anxiety. Or if your dentist feels it is an option for you, you may choose to take an oral sedative or pill that will relieve your anxiety. This consent is valid for a period of 12 months. I may withdraw my consent at anytime.

I understand the above statements and have had my questions answered.

Patient (guardian if patient is a minor)

Date

Witness

Date

Dentist

Date