

# **CAROLINA FAMILY HEALTH CENTERS, INC.**

*Carolina Family Dental Center • Freedom Hill Community Health Center • Harvest Family Health Center • Wilson Community Health Center*

## **Patient Instructions for Nitrous Oxide Administration**

### **The pre-operative instructions for nitrous oxide are as follows:**

You may have a light meal up to two (2) hours prior to surgery (e.g., toast, bagel, fruit, muffin)

You may have clear liquids up to the time of your appointment.

On the day of the appointment, it is permissible for a parent/guardian to be in the room during the procedure and, in most cases, it is a positive thing. Our staff discourages multiple people in the room because it can be distracting for the patient and the gas will not work as well as it normally does.

During the procedure, it is recommended to keep talking to a minimum. When the room is quiet and relaxed, the patient is able to inhale the gas better and as a result have an easier experience. Wait at least five minutes after treatment is completed to ask the patient how his/her experience was.

If the patient is experiencing nasal congestion and/or impaired breathing on the day of his or her appointment, it is recommended that the appointment be rescheduled until the patient is able to breathe adequately through his or her nose.

### **The post-operative instructions for nitrous oxide are as follows:**

At the end of the procedure, several minutes of oxygen are given and the effects of then nitrous oxide will diminish. Most patients also have local anesthesia with the nitrous to numb the desired area. It is important that the patient does not bite, scratch, or suck on the numbed area. Patients, especially children occasionally bite their lips, cheeks, or tongue while numb which can result in a painful ulcer and/or swelling when the numbness wears off.

It is recommended that patients avoid eating for at least one (1) hour after the numbness wears off to avoid traumatic biting injuries. Patients can drink liquids immediately after the procedure as long as caution is exercised with numbed tissues.

Please call Carolina Family Dental Center if you have any questions a (252) 443-7764.