

Nitrous-oxide sedation

Laughing gas sedation

This brochure provides information about nitrous-oxide (laughing gas) sedation. Please note that your situation may differ from the one described in this brochure.

What is nitrous-oxide sedation?

Adrz uses a device that delivers a mixture of oxygen and nitrous oxide, which the patient then inhales through a mask. Breathing in the nitrous oxide and oxygen mixture has a reassuring and calming effect. Therefore, it is referred to as 'inhalation' sedation or 'nitrous-oxide' sedation.

For whom is it suitable?

Nitrous-oxide sedation is a safe method in which the patient always remains conscious. Its administration is particularly suitable for anxious children over two years who are easily approachable but cannot handle the uncomfortable situation or who react fearfully to new situations.

Nitrous oxide can even aid adults for whom the procedure is (temporarily) too much to handle, by better controlling their anxiety or helping them to relax.

How does it work?

Before the sedation is administered, everything is discussed with you and your child. Your child's health and possible use of medication are covered, as well as the procedure to be performed and the expected effects of the nitrous-oxide sedation. Practical aspects are also discussed.

The explanation begins with the fitting of the mask for the delivery of the oxygen and nitrous-oxide mixture. Next, the nitrous-oxide sedation is administered until the patient feels comfortable and relaxed. This usually takes 3 to 5 minutes. The procedure will be performed at this optimum moment. Administration of the nitrous-oxide and oxygen mixture continues throughout the procedure.

The procedure continues as normal. This means that, in most cases, a local anaesthetic is also required. Your child, however, will be more relaxed and feel less pain.

What is the patient's experience?

Although inhaling nitrous oxide can initially feel a little strange and uncomfortable, in most cases, it will change after a few minutes into a pleasant, warm, relaxed or free-floating feeling accompanied by a light detached sensation. Sometimes, the patient will experience the nitrous-oxide sedation as an unpleasant feeling. An alternative method can then be chosen in consultation with the doctor.

Nitrous oxide, when used in low concentrations and for procedures lasting no longer than one hour, is harmless to one's health.

What happens after the procedure?

The nitrous-oxide sedation concludes by the patient breathing in pure oxygen for a few minutes. A major advantage of nitrous-oxide sedation is that, once nitrous oxide is no longer being inhaled, the substance is eliminated from the body within five minutes. In nearly every case, there are no noticeable after-effects.

Adults — as a precaution — are advised not to drive for the first 30 minutes after their procedure.

Contact

If, after reading this information, you still have questions, you may discuss them with your doctor.