

## Patient information

# Inhalation Sedation for Adults Important Information for Patients and Escorts/ Carers

Liverpool University Dental Hospital

Please read this leaflet carefully before your treatment appointment. Failure to follow the instructions may mean your treatment has to be cancelled. If you have any queries please ask the dentist or nurse who is looking after you.

**You may also telephone us on**

**Tel: 0151 706 5530.**

**Text phone number: 18001 0151 706 5530**

Many people feel anxious about having dental treatment and there are several ways in which we can help you. One method of reducing anxiety is to give you inhalation sedation during your treatment.

### **How will having dental treatment with inhalation sedation help me?**

#### **It will help you:**

- Reduce your anxieties.
- Feel more relaxed.
- If you suffer from gagging (retching) during dental treatment.
- If you have a medical condition that may be made worse by being anxious.

### **What is inhalation sedation?**

Inhalation sedation is one way in which we can help adults who are anxious about dental treatment to relax. It is also called 'gas and air' or 'relative analgesia'. It involves breathing a relaxing gas mixture in and out. It is **not** a general anaesthetic.

### **How am I given Inhalation sedation?**

You will breathe the gas mixture in and out through a small nasal mask (nosepiece) which sits on your nose during treatment.

### **How will I feel?**

After breathing the gas mixture for a few minutes you will begin to feel less anxious and more relaxed. You may feel warm and have a sensation of floating. You will not go to sleep and will be able to talk to us.

Once you are comfortable and relaxed, dental treatment will be carried out in the usual way.

Once the sedation is stopped, recovery is rapid and after a short time you will feel back to normal again.

Instructions for adult patients who are to receive dental treatment with inhalation sedation (relative analgesia).

Because the gas and air is breathed through the nose, any condition that blocks your nose will prevent the sedation from working. If you have a cold please cancel the appointment unless you need to see the dentist urgently.

**On the day of your sedation treatment you should:**

- Take your medicines at the usual times.
- Have a light meal about two hours before your appointment.
- Be accompanied by a responsible adult.

**Before your sedation appointment please let us know**

- About any change in your health.
- About any change in the medicines you take.
- If you are pregnant or think that you might be pregnant.
- If you are wearing contact lenses.
- About any concerns you have about your proposed treatment.
- After inhalation sedation you should make a full recovery within 30 minutes of your treatment.

**After sedation you should:**

- Take your medications as usual.
- We recommend that you let your escort take you home - we recommend that you travel by car or taxi.
- Rest for the remainder of the day.
- Adults may be permitted to attend subsequent appointments unaccompanied, at the discretion of the dentist providing treatment.

**Please** let us know if you cannot keep your sedation appointment. The more notice that you give us when cancelling your appointment; the more likely we are to use it for another patient.

If you miss an appointment, without first cancelling it, you will be discharged back to your own dentist. If you keep cancelling appointments at short notice then we are likely to request a further consultation (non-treatment) visit or may be discharged.

We always try to be helpful but we do need your cooperation.

## Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated

## Further information

**This is a teaching hospital and students, under supervision, may be involved in the provision of your care.**

**Liverpool Special Care Dentistry Department**

**Tel: 0151 706 5530**

**Text phone number: 18001 0151 706 5530**

**Author: Special Care Dentistry Department**

**Review date: March 2026**

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكرونيًا.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字

體、音頻、盲文、穆恩體 ( Moon ) 盲文和電子格式，敬請索取。

در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندهیدار بهو نهخوشانهی لهلایمن تراستهوه پسهسد کرارون، نهگس داوا بکرنیت له فورماتمکانی تردا بریتی له زمانمکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیللی موون و نهلیکترونیکی ههیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.