

Inhalation Sedation (happy air) for your child.

Inhalation sedation is used in dental treatment to alleviate dental anxiety in children. It involves breathing in a special “happy air” (nitrous oxide and oxygen) through a small nose piece. This quickly leads to a pleasant, relaxed floating feeling, like day dreaming. It also works to make dental treatment more comfortable and can avoid the need for local anaesthetic.



Who would it benefit?

Children who are anxious and cannot receive their dental treatment using local anaesthetic alone because of their age or the type of dental treatment required. Sedation is one of the simplest ways to make dental treatment easy and comfortable. While sounds and noises will seem more distant your child will NOT go asleep and will be aware of their surroundings. Sedation inhalation also benefits children who have special needs or for children who find it difficult to sit still for longer periods of time.

How is the procedure carried out?

At the first visit we will introduce you and your child to the “happy air” and explain the treatment they need. Depending on your child’s willingness, the dentist can then try the small nose piece on and the dentist will describe how the “happy air” will make them feel. If the dentist thinks your child is unhappy with the treatment at any stage, they will stop it. The concentration of the “happy air” is adjusted to the specific needs and reactions of your child. Your child will be awake and relaxed during the procedure. When they leave the practice at the end of the treatment the “happy air” will be out of their system.

Is inhalation sedation safe for my child?

Yes, nitrous oxide is a safe and effective treatment method when administered by a trained dentist.



See reverse for a case study where inhalation sedation was used successfully on a child receiving dental treatment.



Case Study - successful use of inhalation sedation on children

Background of patient:

- An 8 year old boy- had frequent antibiotics and cough medicine when he was younger- due to recurrent chest infections and other illness.
- The child had decay on 6 baby teeth.
- He was very nervous of the dentist as he had had an extraction due to an abscess forming on a baby tooth six months previously.
- Mum is also scared of the dentist as a result of a bad experience as a child.

needed. The patient is confident with what is going to happen. Tooth brushing and diet advice regarding healthy foods to eat between meals are reinforced again.

Maintenance:

Regular check-ups every 3/4/6 months depending on patients risk of future decay.

Result:

A child who is happy and confident in the dental surgery, with good awareness of how diet/ tooth brushing affect his teeth. Dental disease managed in a positive and appropriate manner and sets patient on positive journey in the future with his oral health.

Attended the practice:

- 1st appointment.**
Assessment (with older brother); counting teeth- familiarising with the dental surgery. Diet and tooth brushing advice, treatment plan with mum and patient. Fluoride varnish painted on back teeth.
- 2nd appointment.**
Fissure sealants placed on big teeth in back of the mouth for prevention. Demonstrate tooth brushing and discuss healthy and unhealthy snacks to eat with mum and patient. Demonstrate "happy air" equipment.
- 3rd appointment.**
Filling on two teeth using "happy air". (Some "tickling of the teeth" to make them clean and white, and "washing the teeth" with shampoo and conditioner before filling).
- 4th appointment.**
Stainless steel crown on baby tooth with "happy air". Tooth "goes to sleep"- cleaning out, shiny silver tooth placed over baby tooth with larger hole.
- 5th appointment.**
Extraction with "happy air". Tooth "goes to sleep", wiggled out, tooth goes home with patient to the tooth fairy (or alternative).
- 6th appointment.**
Two fillings on baby teeth - patient is happy and comfortable with dental treatment now, happy air is no longer

Key points from treatment plan:

- Several small short visits.
- Role Modelling - with patient's older brother at the first visit.
- Acclimatisation - easier treatments carried out first, building up to more complex treatments as patient gains confidence and familiarity with the dentist and the dental surgery.
- Tell-Show-Do - describing at all points to the patient in easy and non-threatening language what we are going to do.
- Non- verbal communication - patient puts his hand in the air at any point if he wants dentist to stop.
- Rewards/ Prizes at the end of every visit.

Inhalation sedation is used when appropriate to improve patient comfort, to allow treatment to be carried out as easily as possible in order to build patient's confidence in the dental surgery until such point that they can have treatment without it.

For further information
on inhalation sedation
for children, visit
www.portbellodental.ie
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