LUSSO DENTAL

Inhalation Sedation

Before and After Care

LUSSO DENTAL · WEST BYFLEET

54 Station Approach, West Byfleet, Surrey KT14 6NE · lusso.dental

INHALATION SEDATION

Your care guide

Inhalation sedation, sometimes called gas and air, uses a mixture of nitrous oxide and oxygen breathed through a small nose piece to help you feel calm during treatment. It wears off quickly once the gas is stopped.

> Please read this leaflet before your appointment and keep it for afterwards. If anything here is different from what your dentist has told you, follow your dentist's advice.

PREPARING

Before your appointment

- Eat a light meal before your appointment. Do not come with an empty stomach.
- Tell us if you have a cold or blocked nose, as the sedation may not work well and we may rearrange.
- Tell us if you are or might be pregnant.
- Take your usual medicines unless we advise otherwise.
- Avoid alcohol before your appointment.
- For children and some adults, we may ask that an adult comes with you.

On the day

- We will check your medical history and explain what to expect.
- You can ask us to adjust or stop the gas at any time.
- After treatment, you will breathe oxygen and rest until our recovery check is complete.
- We will give you written aftercare instructions for your dental treatment.

RECOVERY TIMELINE

After your treatment

WHEN	WHAT TO EXPECT AND DO
First 15 minutes	Rest in the clinic while the effects wear off. We will check you are steady and alert before you leave.
Rest of the day	Most people feel normal quickly. Return to work and usual activities when you feel ready.
Driving	You can usually drive once the team has confirmed you have recovered, but if you feel at all affected, do not drive.
If you had other treatment	Follow the aftercare for your dental treatment, such as care after a filling or extraction.

Please do

- Rest briefly before leaving the clinic.
- Tell us if you feel unwell or unsteady before you leave.
- Eat and drink normally once any numbness has worn off.
- Follow the aftercare for your dental treatment.

Please avoid

- Do not drive until you have been told you have recovered and you feel normal.
- Do not drink alcohol for the rest of the day.
- Do not rush straight into demanding tasks if you still feel light headed.
- Do not come for inhalation sedation with a heavy cold or blocked nose.

WARNING SIGNS

When to contact us

- Contact us if you feel unusually dizzy, drowsy or unwell after leaving the clinic.
- Contact us if you have a headache or nausea that does not settle.
- Contact us about any concern with your dental treatment.
- Call 999 if you have difficulty breathing or chest pain. For urgent advice out of hours, call NHS 111.

Need us? Call 01932 507650 or WhatsApp 07835 798 611 in opening hours, or email hello@lusso.dental. Out of hours, call **NHS 111**. If you have difficulty breathing or swallowing, heavy bleeding that will not stop, or swelling spreading to your eye or neck, call **999** or go to A&E.

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