



# NITROUS OXIDE

Nitrous Oxide, also known as laughing gas, is a combination of nitrogen and oxygen gas inhaled by patients to help manage anxiety and pain. This mild sedative helps patients calm down during dental procedures and feel relaxed. The colorless and odorless nitrous oxide is mixed with oxygen and inhaled through a small mask that fits over your nose. Patients are asked to breathe normally and should feel the effects of the laughing gas within minutes.

Contrary to its name, laughing gas does not necessarily make you laugh. The nitrous oxide slows down your nervous system to make you feel less inhibited. You may feel light-headed, tingly, or even heaviness in your arms or legs. Ultimately, you should be calm and comfortable throughout the procedure. The nitrous oxide does not put you to sleep, so you can hear and respond to any of the dentist's questions or instructions. You may still even giggle a time or two.

The laughing gas works quickly to relax patients, and the effects wear off quickly by breathing pure oxygen through a mask within 10 minutes. The oxygen purges the remaining gas from the lungs while helping the patient become more alert and awake. You will be able to drive yourself home.

Tell your periodontist if you have any of the following conditions:

- Currently pregnant
- A history of respiratory illnesses like COPD or emphysema
- A history of glaucoma
- A vitamin B-12 deficiency
- A history of substance abuse
- An enzyme condition methylenetetrahydrofolate reductase deficiency
- A history of mental health conditions



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## Pre + Post-op instructions:

- Do not use alcohol prior to appointment.
- Take your medications as you would normally in the morning.
- Eat a light meal before the procedure, and avoid eating a big meal for up to three hours before and afterwards.
- Wear comfortable, loose-fitting clothing to your appointment so we can monitor your vitals.