

# Things you need to know when having gas and air at the Dentist.



Inhalation Sedation at the Dentist

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Before your dental treatment you will breathe in gas and air.



This helps you to relax.



Here are some things you need to follow.



If the instructions are not followed, you cannot have treatment!

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Eat a light meal 2 hours before your appointment.



Do not drink alcohol on the day or the night before your treatment.



Take your medication as usual on the day.



If there has been any changes to your medication tell the dentist.



Tell the dentist if you are having a baby or breast feeding.



It can be helpful to bring someone to the dentist with you.



Somebody can wait for you and take you home safely.



Do not bring any children or anyone who needs looking after.



You will have to breathe in and out of a nose piece.



This will give you time to feel calmer about your treatment.



When you are relaxed the dentist will start your treatment.



The dentist will talk to you about what will be happening.



After treatment, when you feel okay, you can leave.



Wait 30 minutes after your treatment before you drive.



If you need to, take pain relief.  
Follow the packets instructions.



If you have any questions, ask the staff where you had your treatment.

## Contact Details:



You can contact (Monday - Friday)  
9.00am - 4.30pm by telephone at:



**Community Dental Team:**



**Urgent out of Hours:**

This includes weekends and bank  
holiday.