Consent for nitrous oxide sedation

Introduction: Nitrous oxide is a colorless slightly sweet gas that is used during dental treatment for relaxation and anxiety relief. When inhaled, it can be induced feelings of euphoria and sedation. It also can produce sensation of drowsiness, warmth, and tingling in the hands, feet, and/or about the mouth. In the dental setting, it will not induce unconsciousness. You will be able to swallow, talk and cough as needed

Contradictions: Please let us know if you have any of the following medical conditions, because we may not be able to safely use nitrous oxide: congestive heart failure, chronic obstructive pulmonary disease (COPD), chronic bronchitis, emphysema, chronic asthma, bronchiectasis, pregnancy, hepatitis B or C, tuberculosis, macrocytic anemia, immune diseases, respiratory diseases, middle ear infection, and or a history of substance abuse. Also, if you suffer from claustrophobia, you may choose not to use nitrous oxide

Pre-operative guidelines: Nitrous oxide is administered through a nasal mask. You must be able to breathe through the nose (blocked nasal passages, colds etc. defeat the idea of using nitrous oxide for relaxation). Avoid eating at least four hours prior to the dental appointment. Avoid caffeinated products before coming in for treatment. Nitrous oxide can cause “stomach butterflies” (nausea), which may result in vomiting. On the day of your appointment do not take any antidepressants (unless your dentist is aware of them) or other sedatives unless prescribed by your dentist

Instructions during nitrous oxide use: Your mask must remain firmly in place during the entire period. Do not breathe through your mouth. Breathe through the nose only. Notify the doctor if you are experiencing difficulty in breathing through your nose. No talking is allowed while nitrous oxide is being used. Talking blows nitrous oxide into the room, lessening the desired affect for you, and exposing the dental staff to the nitrous effects.

Postoperative guidelines: Recovery from nitrous oxide sedation is rapid. The gas will be flushed from your system with oxygen. If you feel dizzy after the sedation, remain seated, and the sensation should pass in a few minutes. Do not leave the office until your head feels clear, and you are able to function( i.e. walk and drive) safely.

Risks of nitrous oxide: You may feel nauseated, dizzy, drowsy, or claustrophobic during and after sedation

Alternatives to nitrous oxide: You may choose not to use nitrous oxide and complete your dental treatment without any treatment for anxiety

Informed consent: I have been given the opportunity to ask any questions regarding the nature and purpose of nitrous oxide sedation, and have received answers to my satisfaction. I do voluntarily assume any and all possible risks, including the risk of substantial harm, if any. By signing this form I am freely giving my consent to authorize my dentist and/or all dental associates involved in rendering any services he/she deems necessary or advisable to my dental treatment.