

## TO PREVENT TOOTH DECAY AND GUM DISEASE

### Remember:

- Brush teeth and gums twice a day using a fluoride toothpaste. Supervise children under 7 years when brushing.
- Cut down on how often you have sugary food and drink. It is better for your teeth and your child's teeth if you limit them to mealtimes.
- Keep dental appointments.



### Toothpaste

- Children 0 - 2 years of age - **do not use fluoride toothpaste.**
- Children over 2 years of age - use only a **pea-sized** amount of fluoride toothpaste.
- Spit out toothpaste - **do not rinse.**



# Inhalation Sedation ("happy air")



A Guide for Parents

## What is inhalation sedation?

Inhalation sedation involves breathing in what we call ‘happy air’ (nitrous oxide and oxygen) through a small nose piece. This quickly leads to a pleasant, relaxed feeling.

## Why is it used?

It is available for children who are anxious and cannot receive their dental treatment using local anaesthetic alone.

Sedation is one of the simplest ways to make dental treatment as easy and as comfortable as possible.

Your child will **NOT** go to sleep and will be fully aware of their surroundings.

## How is the procedure carried out?

Most often the first visit will introduce your child to the dentist and the treatment they need. The dentist will explain and show your child what is involved.

Depending on your child’s willingness, the dentist will try the small nose piece on them and describe how the ‘happy air’ will make them feel. A short procedure may be carried out if the child feels comfortable.

If the dentist thinks your child is unhappy with the treatment at any stage, they will stop it.

## Instructions – before and during treatment

1. Take the child to the appointment and stay until it is over.
2. Ideally, avoid bringing other children to the appointment, as they may distract an already nervous child.
3. Try to avoid making your child anxious – don’t tell stories or jokes about the dentist or allow other children to do so.
4. Try to let only the dentist and the dental nurse talk to your child before and during dental treatment. This helps in relaxing your child and also avoids confusion. You are welcome to ask questions or give your comments at other times in the dental surgery.
5. Let your child eat and drink as normal, but avoid giving them a heavy meal before the appointment.
6. Give your child any medication as normal.
7. Please remove any varnish from your child’s nails.
8. Please cancel the appointment if your child has a cold or a blocked nose on the day of the appointment.

## Instructions – after treatment

1. Once treatment is over and ‘happy air’ is stopped, most children feel back to normal within 5 or 10 minutes. Your child may feel a little tired, however, so you should supervise any activities following this visit. Have your child rest at home afterwards and avoid letting them do any physical activity for the rest of the day.
2. The dentist may also have used a local anaesthetic. Your child’s cheeks, lips and tongue may remain numb for up to 4 hours afterwards. It is important to continue to remind your child not to chew the cheeks, lips or tongue during this time.

## Ongoing care

Inhalation sedation is usually used for a short time to help your child get used to dental treatment. When your child is used to it, they will be referred back to their regular dentist for continuing care.

