

# Are you nervous about going to the dentist?



## We now offer Nitrous Oxide

Nitrous oxide, sometimes called "laughing gas", is one option your dentist may offer to help make you more comfortable during certain procedures. It is not intended to put you to sleep. You will be able to hear and respond to any requests or directions the dentist may have. Your dentist will ask you to breathe normally through your nose, and within a few short minutes you should start to feel the effects of the nitrous oxide. You may feel light-headed or a tingling in your arms and legs. Some people say their arms and legs feels heavy. Ultimately, you should feel calm and comfortable. The effects of nitrous oxide wear off soon after the mask is removed.

### Is nitrous oxide safe?

COMPLETELY. Nitrous oxide is recognised as the safest sedative used in dentistry today. It is mild, non-toxic and removes itself naturally from your body after use. Its benefits are even recommended for patients with certain

medical conditions, including high blood pressure, angina and a history or heart attacks. And, unlike general anesthesia, patients on nitrous oxide remain fully conscious and responsive at all times.

### Is nitrous oxide safe for children?

ABSOLUTELY. While our practice goes to great lengths to make every child feel at ease, some children require a degree of sedation to achieve successful treatment. Nitrous oxide is the safety, most effective form of sedation to relieve your child's fears and ensure a positive experience.

#### Is nitrous oxide right for me?

Please discuss the possibility of nitrous oxide conscious sedation with us. It may be just the solution you or your child have been waiting for. If you have any questions regarding the use of nitrous oxide, feel free to discuss it with your family physician.



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