

## **Pre-op Instructions**

### **Before Inhalation Sedation/Nitrous Oxide Sedation**

Inhalational sedation is considered one of the safest procedures to relieve anxiety during dental treatment. Please follow these instructions to prepare for the procedure with Nitrous Oxide:

- DO NOT eat or drink anything (including water) 2 hours prior to the appointment. Nitrous oxide can cause nausea), which may result in vomiting if your stomach is full.
- Wear loose clothing that does not restrict breathing and allows a blood pressure cuff to be placed on the skin of your upper arm.
- DO NOT wear contact lenses. Please wear your glasses instead.
- DO NOT wear fitted jewelry.
- DO NOT wear nail polish or artificial nails. A probe will be placed on your fingernail to monitor your pulse and oxygen while the nitrous oxide is being administered and does not work well on nail varnish or acrylic nails.
- DO NOT wear lipstick or heavy eye makeup.
- Perform your usual oral hygiene routine prior to your appointment.
- CALL US immediately if you develop any cold symptoms before your appointment. A change of appointment might be required. 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). There must be a parent or legal guardian present with a minor (18 years old or younger) to sign the consent form.
- On the day of your appointment, do not take any sedatives or antidepressants unless your dentist is aware of them.
- If you are required to take antibiotic premedication before any dental procedure, please take your antibiotics 60 minutes before your appointment with a small sip of water.
- You might be required to apply an ice pack after the dental procedure. Please ensure that it is available at home.

***We look forward to welcoming you and providing a pleasant experience.***

***-Team Indiadens***