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## INSTRUCTIONS FOR NITROUS OXIDE SEDATION

Nitrous oxide is commonly referred to as "laughing gas." You will be relaxed and somewhat less aware of your surroundings. You should be relaxed and comfortable.

Nitrous oxide is generally used in conjunction with local anesthesia, but may also be used to supplement intravenous or oral sedation.

### **The following recommendations must be followed:**

- Have neither food nor liquids, including water, for four (4) hours prior to appointment. This will greatly reduce the chance of nausea or vomiting.
- You must be able to breathe through your nose well on the day of the appointment
- Take all prescription medications as normal unless we instruct you otherwise. You may drink water to take your pills
- Wear comfortable, loose-fitting clothing with short sleeves for proper monitoring.

Changes in your health or questions concerning these recommendations should be directed to Dr. Amin before your appointment.

Your comfort, convenience and safety are our primary concerns. Please follow these instructions to help us achieve our goals.

Thank you.

*Please note that our office provides dentistry while you sleep (IV Sedation) for all types of procedures. Do not let fear or anxiety about dentistry prevent you from having proper treatment. Ask us about sleep dentistry.*