Our aim is to make you or your child’s treatment as comfortable as possible.

We realise some people are anxious about dental treatment and one of the ways we can help is to offer ‘inhalation sedation’ or ‘relative analgesia’ (also known as ‘laughing gas’ or ‘gas and air’)

**What is relative analgesia?**

This is a technique where you can breathe a mixture of nitrous oxide and oxygen through a small nosepiece, which fits over the nose only.

This makes you feel relaxed, comfortable and better able to accept treatment. You remain conscious at all times and usually a local anaesthetic is still required.

**Can anyone have relative analgesia?**

This is a very safe technique suitable for most people although we will always check your medical history first. The effects are quickly reversed by breathing pure oxygen.

You must be able to breathe through your nose and therefore if you have a cold, we may need to postpone your appointment.

**Instructions**

As you will be having sedation for your dental treatment, please follow these instructions to protect yourself and avoid accidents.

**On the day of treatment**

- You MUST bring with you a responsible adult who can drive you home by car or accompany you in a taxi.
- DO NOT bring other children to the clinic on the day of your appointment.
- You should not have anything heavy to eat two hours prior to the appointment. You must not drink alcohol.
- Do not wear make up, nail varnish or jewellery.
- You should wear loose, comfortable clothing and flat heeled shoes.
- Take any regular medication as usual. If you use inhalers then bring these with you
- Please notify us in good time if you are unable to attend an appointment so we can keep our waiting times as short as possible. Thank you.
After treatment

- You will be back to normal a few minutes after the treatment although some patients feel mildly drowsy. A slight headache may be experienced.
- You must NOT drive, ride a motorcycle (or ride pillion) or operating machinery (including domestic appliances) for the rest of the day.
- Do not sign cheques or important documents.
- Do not drink alcohol or take sleeping tablets.

Child patients:

Please do not allow your child to ride a bicycle or cross roads alone etc. for the remainder of the day.

They should stay off school for that day.

Contact addresses:

Princess Royal Community Health Centre
Greenhead Road
Huddersfield
HD1 4EW  Tel 030 3330 9750

Batley Health Centre
Upper Commercial Street
Batley
WF17 5ED  Tel 030 3330 9750

St Johns Health Centre
Lightowler Road
Halifax
HX1 5NB  Tel 030 3330 9750

Cleckheaton Health Centre
Greenside
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BD19 5HP  Tel 030 3330 9750

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