



---

## NITROUS OXIDE INFORMATION & CONSENT

Your response to the dental experience is of primary importance to us. Nitrous oxide or “laughing gas” is an analgesic and mild sedative. It is a very safe gas/oxygen mixture, which is inhaled by a nasal mask and takes effect after 10 – 20 minutes. Nitrous oxide in the dental office is never used as a general anesthetic; it does not put a patient “to sleep.” For this reason local anesthetic may still be necessary, but much more comfortable to receive.

Nitrous oxide decreases fear, anxiety, apprehension and pain sensations but it does not always work for everyone. A patient must allow the nasal mask to be placed on their nose and they must be able to breathe through their nose. (If you or your child has a “stuffy” nose due to cold or sinus symptoms, please contact our office prior to your appointment.) The use of nitrous oxide can help many people learn to cope with the sometimes stressful dental experience. Since nitrous oxide generally reduces fatigue and provides a pleasant sensation, it enables people to remain relaxed for their dental treatment.

Rare side effects may be nausea and /or vomiting. To help avoid this, we ask that you or your child not have anything to eat or drink for 3 hours before your scheduled appointment time.

Nitrous oxide should not be used during pregnancy or if you think you might be pregnant. Nitrous oxide should also not be used if you have had eye surgery within the past 2 months.

I have read and understand the above and have no questions or concerns.

**Signature**

**Date**

---

**(Patient or Guardian)**