

First Smiles Children's Dentistry Informed Consent for the use of Nitrous Oxide "Laughing Gas"

What is nitrous oxide? Nitrous Oxide is also known as laughing gas. It is a very safe sedative that has been in use in dentistry for many years. It is given via a nose hood that the child is encourage to breathe with. Nitrous Oxide is always given together with a high concentration of oxygen and it is meant to change the child's perception of the environment making the situation seem less threatening. The sedative of the gas quickly disappears en it I discontinued.

Who should reeve nitrous oxide? Not every child requires nitrous oxide for dental treatment. It is indicated for children who are mildly to moderately nervous, or gag easily, and requires treatment such as fillings or removal of a tooth. Also, nitrous oxide is beneficial to children who require multiple visits to complete their necessary treatment. It helps to "take the edge off" and makes the experience more pleasant. However, some crying may still happen.

What are the side effects? Nitrous Oxide used between 15-50% is generally very safe because it is given together with oxygen at 50-85%. However, there are some well- known minor side effects. These include sleepiness and disorientation, please do not allow your child to run around by himself/herself within 30 minutes after treatment. Sometimes, nitrous oxide can cause nausea and vomiting, excitation and hyperactivity. Although many children can continue their daily activities, such as returning to school, without interruption following treatment, some children can remain a little tired afterward. This is due to the combined effects of nitrous oxide and local anesthesia these children will feel refreshed after a short nap.

How can we minimize nausea and vomiting? If the appointment is in the morning, we recommend that your child should have no or minimal breakfast. A small amount of easily digestible food and clear liquids, such as Jell-O, half a piece of toast and apple juice is fine. **DO NOT feed your child any eggs or dairy product.** This is to ensure a relatively empty stomach to minimize nausea and vomiting.

What are the alternatives to Nitrous Oxide? There is really no other agent in dentistry that does the job like nitrous. Nitrous Oxide is mild and safe. It minimally sedates your child. Its sedative effect is quickly revered at the end of the procedure. The alternative is physical restraint or behavior for of sedation.

Is there anything else I need to know about Nitrous Oxide before consenting to its use on my child?

Although nitrous oxide is often a very effective tool in calming down children and helping them cope with the stress of dental treatment, it is routinely not covered by many dental insurance policies. The charge for the procedure is therefore your responsibility. Our treatment coordinator will discuss with you further.

Having read and understood the benefits, side effects, and alternative methods to nitrous oxide, I hereby consent to its use in the dental treatment, for my child _____ by **Dr. Sofia Arévalo DMD** and her staff, and accept my financial responsibility. I further understand that although most children tolerate nitrous oxide well, there can be no guarantee as the success of the procedure. I further understand that each child reacts differently to the use of nitrous oxide, and therefore adverse effects that may occur are not predicable.

Childs Name: _____ Parent Name: _____

Date: _____ Patent /Guardian Signature: _____

Witness: _____ Dentist Signature: _____

Translator's Name: _____ Translator Signature: _____