

Your child has been offered inhalation conscious sedation to help him/her relax whilst having dental treatment. This involves breathing what we call "Happy Air" through the small nose mask which we have introduced to your child today. "Happy Air" will make your child feel tingly. They may also giggle. Your child may feel sleepy, but will not go to sleep. This technique is much safer for your child than a general anaesthetic.

What will happen at the treatment appointment?

- The dentist looking after your child will wait until your child is comfortable and relaxed before beginning any dental treatment.
- The dentist will re-introduce your child to the nose mask and slowly administer the "Happy Air" until the point where your child is relaxed and happy for treatment to begin.
- If at any stage the dentist thinks your child is unhappy with the treatment, it will be stopped.
- It may be necessary for your child to attend for an extra visit if a lot of treatment is necessary.
- It is very important that you are positive about your child's next appointment as a lot of the fear and anxiety a child has towards dental treatment can come from anxious parents.
- General anaesthetics are only prescribed at Queensway Dental Clinic as a last resort, and only when safer alternatives have been attempted first.
- We will only prescribe a general anaesthetic if the dental treatment required is essential. This will be arranged at a separate visit in hospital.

Instructions for children and adults having 'Happy Air'

- Your child can eat and drink as normal on the day of their appointment, but we prefer children not to eat or drink anything for about 2 hours before treatment. Please do not starve your child for longer than this as this makes them irritable and unco-operative in the surgery
- Children must be accompanied by a responsible adult at all times.
- Adult patients can drive following treatment with "Happy Air", although we would encourage you to bring an appropriate escort if this is not too inconvenient
- Children should rest at home quietly after their treatment. They should not use bicycles or play outside for the rest of the day.
- Your child can safely return to school the day after their treatment
- Paracetamol and other normal medicines can be taken safely before and after treatment with "Happy Air".

Ensure your child does not have anything to eat or drink after treatment while their mouth is still numb. Damage could be caused to the lip or tongue when numb without your child knowing or feeling it. Your child should be kept under close supervision to avoid them biting themselves.

If you have any queries please call Queensway Dental Clinic on 01642 554 667