



Information for patients having inhalation sedation known as “Happy Air”.

You or your child has been offered inhalation sedation to help you relax whilst having dental treatment. This involves breathing what we call “Happy Air” through the small nose mask which we have shown you at your assessment appointment. “Happy Air” will make you / your child feel tingly, floaty and you may also giggle. You may feel sleepy, but you **will NOT go to sleep**. This technique is much safer to use than a general anaesthetic.

Instructions for “Happy Air”.

- Please ensure you do not eat or drink 2 hours prior to appointment.
- Please remove nail varnish and all types of false nails.
- Adults can drive following treatment with “Happy Air” but we do require a suitable escort to be present during the sedation appointment.
- If you cannot bring a suitable escort to take you home we will ask you to sit in our recovery room for approximately 30 minutes following treatment before you are able to go home.
- We would advise you to go straight home following treatment wherever possible and rest for a short period of time. If this is not possible we would encourage you to avoid any strenuous activity for a couple of hours following treatment with “Happy Air”.
- Paracetamol and other normal medicines can be taken safely before and after treatment with “Happy Air”.
- In order to ensure appropriate safe recovery and aftercare, we will always discuss the treatment provided with your escort on the day.



Post-operative instructions following Inhalation Sedation.

Activity.

- You will need to recover at the surgery for half hour after your treatment.
- Children are to be accompanied by an adult after the procedure.
- Adults need to take care when considering driving or signing legal documents, maybe avoid this until the next day.

Food.

- Start with cold fluids when you get home as you will be numb for a few hours after treatment.
- Stick to soft foods and avoid chewing on fresh fillings for 12 hours.

Pain.

- Dental operations can be painful, Paracetamol / Calpol or a prescribed analgesic can help with dental pain.
- Extractions – Avoid smoking for the first 5 days, as it can lead to infection / painful dry socket. This also delays the healing process

Numbness.

After some treatments you lip/tongue may be numb. This will only last a few hours before wearing off. It is important to ensure children do not bite their lip or tongue during this period.

Emergency contact numbers:

Grace Dental Care: 01642 624416 / 07979189467– Surgery Hours

Emergency Dental Services: 111– Out of hours