



Dr. Michael A. Layug
Oakville Children's Dentistry

NITROUS OXIDE SEDATION

Nitrous oxide (laughing gas) sedation is available in our office to help relax your child in order to complete dental treatment. To make the sedation as effective and comfortable as possible for your child, we ask that you please follow these instructions:

Before the appointment:

Do **not** let your child eat any solid foods **four hours** prior to the appointment. We require that all patients receiving nitrous oxide sedation have an empty stomach.

Clear fluids (such as water or apple juice) may be taken up to **two hours** prior to the appointment. Avoid letting your child drink milk or juices with pulp (e.g. orange juice).

If your child has a cold, nasal congestion or cough, please contact our office. Nitrous oxide is a gas that is delivered by inhalation (breathing in through the nose) and the presence of these symptoms may require that the appointment be rescheduled.

After the appointment:

Please ensure that a responsible adult is available to accompany your child home after their appointment.

Your child may have clear fluids to drink at the conclusion of the appointment. Some children can experience nausea or vomiting associated with nitrous oxide sedation. If your child does not feel well after having a drink, please wait fifteen minutes before allowing them to drink clear fluids again. Once the fluids can be consumed without feeling sick, you may allow your child to start eating solid foods.

If you have any additional questions or concerns related to the use of nitrous oxide sedation for your child, please contact Dr. Layug's office at 905-257-9922.