

## Nitrous pre-op instructions

Nitrous more commonly known as laughing gas, is a mild sedative that is administered via a nosepiece with a combination of nitrous and oxygen, to provide a calming effect that helps apprehensive or anxious patients. Generally the patient is still awake and can interact under nitrous oxide. After the procedure, the patient is given 100% oxygen for a few minutes, before they are discharged. Once the nitrous is turned off, the sedative effective is gone, and patient is ready to return to their normal daily life.

- DO NOT eat or drink anything 2 hours prior to the appointment. This includes water. Nitrous oxide can cause “stomach butterflies” (nausea), which may result in vomiting.
- Wear comfortable, loose fitting clothing. If hair is in a ponytail or in an up-do we may ask for the hair tie to be removed.
- Contact us prior to your child’s appointment if there has been a change to your child’s general health (such as a stuffy nose, cough, cold, flu, fever, etc.)
- Have your child take all regular medications on their usual schedule unless advised otherwise by your doctor.
- **Only one parent/guardian and no other children** are allowed in the room during the appointment.
- Pregnant parents will be asked to wait outside the treatment room while Nitrous is being used.

## Explanation of Dental Procedures

\_\_\_\_\_ **Sealant:** It is a thin layer of plastic resin that is placed in areas where chewy foods often get stuck; especially on the tops of molars where the sealant helps prevent cavity formation.

\_\_\_\_\_ **Fillings (Composite (white)):** Small and medium cavities can be fixed with a white (composites) filling. A white filling is generally a plastic resin that sticks (cured by a light) to the area where the cavity is cleaned out, it is a great material for front and back teeth.

\_\_\_\_\_ **Pulp-Cap:** When cavities are cleaned and the filling is close to the nerve, a “band-aid” type of material is placed close to nerve to reduce hot/cold sensitivity and reduce the need for nerve treatment (pulpotomy/root canal)

\_\_\_\_\_ **Pulpotomy (back teeth)/Pulpectomy (front teeth):** Often referred to as a “baby root canal.” The procedure is often needed where the cavity is in the nerve (pulp), and in order restore the tooth, it is required to treat the nerve. It does not take as long as an adult root canal, typically the procedure takes 5-10 minutes.

\_\_\_\_\_ **Pediatric Crowns (Stainless Steel and Zirconia):** When there is a large cavity often times a crown is needed to restore tooth function and esthetics. Most pediatric crowns are pre-formed, so they can be completed in one appointment, as often times, pediatric patients grow exhausted from multiple dental appointments. **Stainless steel** is often the material of choice for crowns on back teeth. The crowns are thin and are able to provide for a proper bite and restore chewing function. **Zirconia crowns** (all-white porcelain) are latest technological advance in pediatric crowns and are made for the front and back teeth. Zirconia and stainless steel crowns are generally the strongest crowns available.

\_\_\_\_\_ **Extractions:** Needed when the tooth is causing pain or is abscessed (infection) and the tooth cannot be restored. Sometimes it is also needed to alleviate space issues.

\_\_\_\_\_ **Space Maintainer:** A wire with bands that retains the space of the tooth that has been recently extracted in the back of the mouth. If the space is lost, crowding develops, leading to extensive and complicated orthodontics.