

# Consent Form

Patient's file:

## Treatment description: Sedation under Nitrous oxide

### Introduction

Nitrous oxide is a colorless, slightly sweet gas that is used during dental treatment for relaxation and anxiety relief. In the dental setting, it will not induce unconsciousness. It has limitations and risks; *absolute success cannot be guaranteed*. It is a drug-induced state of reduced awareness, and decreased ability to respond. It is not sleeping. You will be able to swallow, talk, and cough as needed. Your ability to respond normally returns when the effects of the sedative wear off. The following effects are usually felt, but it can differ from one person to another:

- *Feelings of euphoria and sedation*
- *Possibility of amnesia (of pain severity and duration)*
- *Feelings of relaxation, calm and well-being*
- *Feeling of tingling in hands and/or feet*
- *Effect of floating*
- *Increases the threshold of pain*

### Alternatives to conscious sedation are:

- No sedation: The treatment is performed under local anesthetic with the patient fully aware. Oral conscious sedation.
- Sedation via a pill form that will put the patient in a minimally depressed level of consciousness.
- Intravenous sedation: Injection of the sedative in a tube connected to a vein in your arm (referral to specialist)
- General Anesthetic: Commonly called deep sedation; a patient has no awareness and must have their breathing temporarily supported (referral to specialist)

### Health specifications:

Please let us know if you have any of the following medical conditions as they may be a contraindication for nitrous oxide:

- *Congestion heart failure*
- *Pneumoencephalogram (intracranial pressure)*
- *Respiratory tract infection*
- *Chronic obstructive pulmonary disease (bronchitis, emphysema)*
- *Sinusitis*
- *Incorrect breathing through the nose*
- *Macrocytic anemia*
- *Pneumothorax*
- *Cystic Fibrosis*
- *Phobia like claustrophobia or other*
- *Middle ear infection*
- *Pregnancy*

### Possible side effects:

The administration of medication and the performance of conscious sedation with nitrous oxide carries certain common hazards, risks, and potential unpleasant side effects which are infrequent, but nonetheless, may occur. They include but are not limited to the following:

- *Nausea and Vomiting: This is the most frequent of the side effects of nitrous oxide sedation but its frequency is still quite low. It is important to tell the doctor, hygienist, or assistant that you are experiencing some discomfort. The level of nitrous oxide can be adjusted to eliminate this side effect.*
- *Excessive Perspiration: Sweating may occur during the procedure and you may become somewhat flushed during administration of nitrous oxide.*
- *Behavioral Problems: Some patients will talk excessively. You may become difficult to treat because you are so talkative, or experience vivid dreams associated with physical movement of the body.*
- *Shivering: Although not common, shivering can be quite uncomfortable. Shivering usually develops at the end of the sedative procedure when the nitrous oxide has been terminated.*

**Preoperative guidelines**

- *Do not take nonprescription drugs without the approval of your dentist*
- *Do not eat or drink two hours before appointment*
- *You must be able to breathe through your nose during the whole appointment*
- *If you catch a cold or you are congested, please cancel your appointment*
- *Avoid caffeinated products before your appointment.*
- *You will be aware and alert when leaving, so you do not need to be accompanied. Let us know if you are taking any antidepressants*

**During sedation**

Your mask must remain firmly in place during the entire period. Breathe through the nose only. Notify the doctor if you are experiencing difficulty in breathing through your nose. Talking blows nitrous oxide into the room, lessening the desired effect for you, and exposing the dental staff to the nitrous effects. You will also have a blood oxygen level monitor connected to your finger throughout the treatment. Near the end of your treatment, you will receive oxygen through your mask for at least 5 minutes.

**Postoperative guidelines**

Recovery from nitrous oxide sedation is rapid. The gas will be flushed from your system with oxygen. If you feel dizzy after the sedation, remain seated, and the sensation should pass in a few minutes. Do not leave the office until your head feels clear and you are able to function (i.e., walk and drive) safely.

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I have had the opportunity to discuss conscious sedation and have all my questions answered by qualified personnel including the doctor.

I hereby certify that I understand this authorization and the reasons for nitrous oxide/oxygen sedation and associated risks. I am aware that sedation is a choice, not a necessary treatment. I acknowledge that every effort will be made on my behalf for a positive outcome from sedation, but no guarantees have been made to the result of the procedure authorized above.

**Patient:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent/Guardian:** \_\_\_\_\_

**Witness:** \_\_\_\_\_