

Nitrous oxide conscious sedation

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Mainly indicated for fearful/anxious patients and patients unable to cooperate due to lack of psychological or emotional maturity/disability.

The procedure begins with Tell-show-do technique or using appropriate euphemisms. secure the nasal hood and deliver 100% oxygen initially for one min at a comfortable flow rate for the child (younger children 3-4L/min and older children 6L/min. movements of the reservoir bag would reveal the appropriateness of flow rate. After proper flow rate determination N₂O is slowly delivered at an initial concentration of 20% and then raised by increments of 10% until the desired level of sedation is achieved. at this time encouraging the patient to breathe through the nose. The

altered sensations might start to appear at this time which includes feeling of floating in the space, giddiness and tingling extremities. Once the desired level of sedation achieved the dentist can start the procedure by maintaining adequate physical/verbal contact with the patient. Once completed, reverse titration of nitrous oxide -oxygen mixture is slowly done to aid the recovery. Once the delivery of nitrous oxide completed 100% oxygen delivered continuously about 3-5 min in order to prevent diffusion hypoxia.

The potential complications include nausea, vomiting, diffusion hypoxia, claustrophobia and effects associated with accumulation of gases in body cavities.

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