



Dr. Kula, Dr. Kirsh & Dr. Lo

PRE-OP INFORMATION

Nitrous Oxide (“Laughing Gas”)

What is nitrous oxide sedation?

Commonly referred to as “Laughing Gas,” it is a safe and effective sedative agent that helps you relax when inhaled. It can reduce gag reflexes, lower anxiety levels and increase comfort during dental procedures.

How does nitrous oxide work?

When inhaled (through a small mask), the gas enters the bloodstream through the lungs and travels to the brain, where it triggers the release of body’s natural opioids, endorphins and dopamine. You will start to feel more relaxed. You may also feel light-headed and/or a tingling in your arms and legs.

You will be able to hear and respond to any requests or directions. It is not intended to put you to sleep. The dentist can control the depth of sedation throughout your visit.

Can I drive home after the appointment?

The effects of nitrous oxide wears off soon after the mask is removed. You may be able to drive yourself home after the procedure. However, for patients under 18 or if there are any residual symptoms after nitrous oxide use, the patient must be accompanied by a responsible adult.

Who should NOT use nitrous oxide?

Patients who have been diagnosed with chronic obstructive pulmonary disease (COPD) should not utilize nitrous oxide. It should also be avoided if you have difficulty breathing, emphysema or are pregnant.

How much does nitrous oxide cost?

A separate fee is charged for the use of nitrous oxide based on the duration of the appointment. Insurance companies may or may not reimburse you for this expense. Please check your coverage.

How should I prepare for my appointment?

Do NOT eat or drink anything (including water) for 2 hrs prior to appointment to avoid vomiting. It is best to wear loose or comfortable clothing.