



## **Nitrous Oxide Sedation Instructions**

Nitrous Oxide/Oxygen inhalation sedation is a mild form of conscious sedation used to calm an anxious patient.

Please inform our office prior to if you:

- Have any breathing problems (e.g., Asthma or Bronchitis)
- Are on any anti-anxiety medications

On the day of your appointment:

- You must have a ride to and from the appointment
- No food 4 hours prior to the appointment start time
- No fluids 2 hours prior to the appointment start time