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“NITROUS OXIDE IN THE DENTIST'S OFFICE”

SOME PEOPLE MAY FIND A TRIP TO THE DENTIST'S OFFICE A NERVOUS OR ANXIOUS EXPERIENCE. TO HELP PROVIDE A RELAXED DENTAL VISIT YOUR DENTIST MAY OFFER YOU A SEDATIVE OR AN ANTI-ANXIETY AGENT, SUCH AS NITROUS OXIDE.

ALSO KNOWN AS LAUGHING GAS, NITROUS OXIDE IS A COMPOUND OF NITROGEN AND OXYGEN. IT'S INHALED THROUGH A NOSE MASK AND IS USED FOR PATIENTS OF VARIOUS AGES.

THE EFFECT? MANY PEOPLE EXPERIENCE A FEELING OF EUPHORIA OR GIDDINESS. IT DOESN'T PUT PATIENTS TO SLEEP. INSTEAD THEY REMAIN AWAKE DURING THE DENTAL PROCEDURE AND ARE CAPABLE OF RATIONAL THOUGHT. ALSO, THE PAIN THRESHOLD IS RAISED AND TIME SEEMS TO PASS QUICKLY.

SO FOR ANXIOUS PATIENTS WHO FIND THE DENTAL OFFICE STRESSFUL, NITROUS OXIDE CAN HELP RELAX THEM DURING TOOTH RESTORATION, OR OTHER SURGICAL PROCEDURES.

IF YOU HAVE ANY QUESTIONS ABOUT NITROUS OXIDE ASK YOUR DENTIST.

FOR THE ADA DENTAL MINUTE, I'M DR. MARIA LOPEZ HOWELL.

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