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After Care Instructions for *Nitrous Oxide*

Nitrous oxide was just administered to your child during his/her dental treatment appointment. Your child was breathing 100% oxygen at the end of his/her appointment and breathed out most of the nitrous oxide.

As we dismiss him/her to your care, we request that you please follow these instructions:

1. **Avoid** giving your child a heavy meal for **at least 2 hours** after his/her appointment. If your child is hungry, a **light, soft and easily digestible meal** with clear liquids is recommended to reduce the risk of any nausea or vomiting.
2. Observe your child's behavior for the next **4-6 hours**:
 - a. Although nitrous oxide leaves the body swiftly, residual effects of **exhaustion and fatigue** can present in children.
 - b. **Prevent** your child from engaging in any physical activity that requires **balance** (i.e. swimming, riding a bicycle, etc.) as your child may experience some dizziness from the nitrous oxide.
 - c. Your child may develop an elevated temperature following treatment, which is common. It is the body's response to physical stress. Over the counter pain medicine (i.e. Tylenol or Motrin) may be given at the appropriate dose to help reduce the temperature.
 - d. If your child begins to experience **any respiratory issues or distress**, please dial 911 **immediately** for help and follow up with the office so that Dr. Takiar may meet you at the hospital if required.
3. After **2 hours** and throughout the remainder of the day, please ensure that your child has a good meal and continues to drink fluids.
 - a. If your child vomits, turn him/her to the side to prevent aspiration. **Wait for 30-60 minutes** and then gradually resume clear fluids in sips. Only begin solid foods once your child can tolerate liquids.

If you have any questions/concerns, please call the office at **571-799-0559**.

