

Post-Operative Instructions for Nitrous Oxide Inhalation

Your child received nitrous oxide (laughing gas) during their dental treatment today. Nitrous oxide helps children feel calm and comfortable. Here's what you need to know for after the visit:

What to Expect

- **Quick recovery:** The effects of nitrous oxide wear off quickly. Most children feel back to normal before leaving the office.
- **Mild symptoms:** Some children may experience mild side effects such as **nausea**, **tiredness**, **dizziness**, **emotional sensitivity**, or a **slight headache**. These symptoms are typically short-lived and resolve on their own.

At Home

- **Diet:** Your child may eat and drink normally unless Dr. Sheyda gave you additional instructions (for example, if local anesthesia or another procedure was performed). If your child feels **queasy**, begin with **light foods and clear liquids**. Be sure to offer plenty of fluids (preferably water).
- **Avoid:** Strenuous **physical activity** or **sports should be avoided** for the rest of the day. Refrain from offering heavy meals immediately after the visit.
- **Rest:** If your child seems tired or groggy, **encourage them to rest** and take it easy for the remainder of the day.
- **Supervision:** Monitor your child closely for the rest of the day to ensure they are feeling well. Only allow them to resume normal activities once they are fully alert and back to their usual self.

Contact Our Office If Your Child Experiences Any of the Following:

- Persistent and prolonged nausea or vomiting
- A headache that does not go away
- Difficulty breathing or any unusual behavior

For any questions or concerns, please don't hesitate to contact our office at **571-210-2771**.