

Selection Criteria for Inhalation Sedation

Indications

- Dental anxiety
- Needle phobia
- Strong gag reflex
- ASA II patients where their condition is exacerbated by stress (e.g. fainting attacks/ hypertension/ stable angina/ well controlled asthma/ epilepsy)
- ASA II patients where their condition affects their ability to cooperate (e.g. parkinson's)
- Difficult treatment (though limitations for upper anterior teeth due to difficult access under mask for complex work)

Behavioural Considerations

- Patients must be happy to sit on the dental chair, wear a mask, and breathe through their nose
- Children of pre-school age (under 5 years old) will not usually have adequate understanding for sedation to be effective
- If patients are claustrophobic they may find inhalation sedation is not suitable for them

Medical Contraindications

- Recent (within 3 months):
 - Eye/middle ear surgery
 - Intra-ocular gas injection
 - Maxillofacial/head injury
 - Underwater dive
 - Pneumothorax
- Nasal/respiratory tract obstruction
- Chronic obstructive pulmonary disease
- Emphysema
- Pulmonary hypertension
- Cystic fibrosis
- Severe coronary disease
- Congestive heart failure
- Bowel obstruction
- Abdominal distension
- Malnourishment/ low levels of B12 & folate
- History of substance abuse
- Alcoholism
- Severe emotional/psychiatric disorders
- Multiple Sclerosis
- Myasthenia gravis
- Pregnancy
 - Highest risk 1st trimester
 - Breastfeeding safe

Contraindicated Medications

- Methotrexate
 - Immunosuppressant drug used in the treatment of rheumatoid arthritis, psoriasis, Crohn's disease
- Any history of bleomycin sulphate injection
 - Chemotherapy drug used in the treatment of lymphoma, squamous cell carcinoma (penis, cervix, head and neck, vulva), testicular cancer, ovarian cancer
- <https://bnf.nice.org.uk/interaction/nitrous-oxide-2.html>