

# POST-OP NITROUS OXIDE

## POST-OPERATIVE CARE INSTRUCTIONS

Nitrous oxide is a non-absorbed gas that is quickly cleared from the system by the administration of oxygen. Nitrous oxide is administered through a small breathing mask and is placed over your nose. This helps allow you to relax and remain comfortable without being put to sleep. The following is a brief list of post-care recommendations to aid recovery and minimize complications.

- Although exhaustion in adults is uncommon, it can occur.
- It is recommended to not eat or drink anything for 2 hours following your appointment to avoid the chances of nausea and vomiting.

- Vigorous exercise and heavy lifting may want to be avoided for 24 hours following the use of nitrous as you may become lightheaded or nauseous.
- If you begin to feel nauseous or light-headed, please limit your physical activity and refrain from operating a motor vehicle until symptoms subside.

**Please contact our office 269-382-5040 if you are experiencing symptoms not indicated above, are in need of a bite adjustment, or if you have any questions for the doctor regarding your dental care.**

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