



# Happy air for children

Issued by Northumbria Dental Service

Happy air is special medicine you sniff into your nose to take all your worries away.

Before you come to see us you should:

- Have something to eat.
- Bring mum or dad with you.
- Get mum or dad to drive you home.

Happy air goes up your nose by a special squidgy mask. When you lie back in the chair the mask may feel a bit tight (so all the happy air goes up your nose).

It will help you feel:

- Floaty.
- Relaxed.
- Happy.
- Warm and tingly.

The dentist and nurse can help mend your teeth when you feel happy (you can talk to us to let us know you're alright).

If you feel worried, you can take big sniffs of the happy air.

Sometimes your mouth feels cold (you can warm it up with big sniffs through your nose).

Just before you go home we give you fresh air to make you feel back to normal.

When you get home it is important not to run around a lot. Instead

- Play quietly.
- Watch films or TV.
- Relax in the house.

Remember we are here to help you and look after your smile.



## Contact details

Dental Clinic, Albion Road Health Centre, North Shields  
0191 2196690

Dental Clinic, The Green, Wallsend  
0191 2205926

Dental Clinic, Seaton Park Medical Group, Ashington  
01670 393600

Dental Clinic, Blyth Health Centre  
01670 396471

NHS 111

## Useful websites

[www.dentalhealth.ie](http://www.dentalhealth.ie)

[www.gosh.nhs.uk](http://www.gosh.nhs.uk)



## **Alternative Formats**

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

## **Other sources of information**

### **NHS 111**

### **NHS Choices**

[www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

### **NICE (National Institute for Health and Clinical Excellence)**

[www.nice.org.uk](http://www.nice.org.uk)

### **Patient Advice and Liaison Service (PALS)**

Freephone: **0800 032 0202**

Text: 01670 511098

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### **Northumbria Healthcare NHS Foundation Trust**

General Enquiries **03 44 811 8111**

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)

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