



Happy air for young people

Issued by Northumbria Dental Service

Dental Treatment Using Happy Air

Happy air (or laughing gas) is used to help you manage your dental treatment if you are anxious about a particular part of dental treatment. Happy air can be useful if you feel nervous, or you may have a gagging problem, or just that you are having treatments that you haven't had before. Before you come to see us you should:

- Have something to eat.
- Bring a parent or guardian with you (who isn't pregnant).
- Get a lift home in a car or taxi.
- Let school know you will be missing time from school.

Happy air is delivered to you through a nose mask, which you breathe in and out through your nostrils. When you lie down in the dentist chair, we will spend time giving you the right amount of happy air so you feel more relaxed, ready to begin your treatment. You may feel some of the following feelings:

- Floaty.
- Happy.
- Warm, tingling in fingers, toes or lips.
- Stress-free.

The good thing about the happy air is you can still talk to us and tell us how you're feeling. You are in control during the treatment, so if you want any more happy air, either take more sniffs, or let us know and we can find the level right for you.



Once your treatment is done, we will give you oxygen for a few minutes to make you feel back to normal. Once you feel okay to leave, get a lift home and take the rest of the day easy. You should:

- Avoid physical activities such as sport or bike riding.
- Don't do anything important, just try to relax in the house.

Remember we are here to help you and look after you and your smile. If you think of anything you would like to ask, just write it down and mention to the dentist or the nurse beginning treatment.

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

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

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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