



**KIDS
DENTAL**



MY BRACES

AFTER CARE FOR HAPPY GAS (RELATIVE ANALGESIA)

Your child has just undergone dental treatment with the help of Happy Gas (nitrous oxide) at Kids Dental and My Braces to help them stay relaxed and comfortable. The effects of the gas will wear off quickly, but it's important to follow these aftercare instructions to ensure your child recovers smoothly.

1. Immediate Effects

- Drowsiness: Your child may feel slightly drowsy or light-headed immediately after the treatment. This is normal and should pass within 15–30 minutes.
- Rest at home: Your child should rest for the remainder of the day. They should not attend school, daycare, or engage in any strenuous physical activities, such as running, playing sports, or riding bikes. Quiet activities at home are best.

2. Diet

- Light meals: Once your child feels more alert, they can eat normally. Start with light, easy-to-digest foods like toast, soup, or crackers.
- Stay hydrated: Encourage your child to drink plenty of water, but avoid sugary drinks or soft drinks for the rest of the day.

3. Nausea or Vomiting

- Possible side effects: Some children may experience mild nausea or vomiting after Happy Gas. If this happens:
 - Encourage your child to rest in a comfortable position.
 - Offer small sips of water.
 - If the nausea persists for more than a few hours, or if vomiting continues, contact Kids Dental and My Braces or your healthcare provider.

4. Breathing and Calmness

- Breathing: Happy Gas leaves the system quickly, but your child may breathe through their mouth during or after the treatment, leading to a dry mouth. Offer small sips of water to help with this.
- Mood changes: Some children may feel emotional or overly excited as the gas wears off. Reassure them and encourage calm, quiet activities like reading or watching TV.

5. Oral Care

- Regular oral care: After the treatment, your child can continue their regular brushing and flossing routine unless advised otherwise by the dentist. If your child had extractions or fillings, follow any specific instructions provided.

6. Watch for Unusual Reactions

- Monitor your child: While complications are rare, it's important to watch for any unusual reactions, such as:
 - Persistent dizziness or confusion.
 - Difficulty breathing or chest discomfort.
 - Prolonged nausea or vomiting.

If any of these symptoms occur, contact Kids Dental and My Braces or seek medical attention immediately.

7. Follow-Up Care

- Post-treatment instructions: Depending on the dental procedure your child received, you may have been given additional instructions (e.g., care for fillings, extractions, or appliances). Follow these as directed.

8. Encourage Rest

- Rest and relaxation: Allow your child to take it easy for the rest of the day. Quiet activities like reading, drawing, or watching TV are ideal while they recover. Avoid sending them to school or daycare for the remainder of the day.

Should you have any further questions or concerns, please do not hesitate to contact us on 07 3831 5677 or email buzz@kidsdental.com.au We're here to support you every step of the way.