Bella Family Dental
(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Sedation: nitrous oxide and oral sedation

Covers: Nitrous oxide (laughing gas) for children and adults, and oral sedation for adults.

Before your visit

- Oral sedation: a responsible adult, 19 or older, must drive you to and from your visit, sign you out, and stay with you for the rest of the day and overnight, up to 24 hours, because the medicine can make you sleepy, forgetful or unsteady. You cannot drive, take a rideshare or taxi alone, or walk home alone.
- You may eat a light meal before your appointment, for oral sedation (Halcion) and nitrous oxide alike, unless your dentist gives you different instructions. Avoid a heavy meal in the hours before.
- Take your sedation medicine only exactly as prescribed. Never take extra, and don't drive after taking it.
- Do not drink alcohol for at least 24 hours before your visit.
- Tell us about every medicine and supplement you take, including sleep aids, anxiety medicine, pain medicine and cannabis, and any breathing problems, sleep apnea or pregnancy.
- Wear loose, comfortable clothing. Remove contact lenses.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

After oral sedation

- For the rest of the day (at least 24 hours), do not drive, use machinery or power tools, drink alcohol, sign important papers or make major decisions.
- Rest at home with a responsible adult nearby.
- Use extra care on stairs, and do not be left alone with young children during that time.
- Start with clear liquids, then soft foods. Sit up slowly and get help walking at first, since you may feel dizzy.

After nitrous oxide

- You will breathe oxygen at the end of your visit, and the effects usually wear off within minutes.
- Your dentist will tell you before you leave whether it is safe to drive or return to normal activity.

Also follow

- The care instructions for the treatment you had that day.

When to call us

Call us at (972) 290-0903 if you have:

- Nausea or vomiting that doesn't stop
- Confusion or drowsiness that is not improving by the next morning
- A rash, itching or other reaction to a medicine

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

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