

What does it involve?

The dental treatment is performed on your child “awake” meaning, he/she can physically experience the whole process including administering happy gas (if to be used), the needle(s) going into the mouth, the noises from the dental equipment, the sensation, the discomfort etc. Your child needs to be co-operative with the dentist and dental nurse, and be relatively still throughout each procedure. Depending on the treatment required, the number of teeth that need treatment, it might require several visits to complete all treatment. Each visit could last approximately 30-60 minutes.



How to prepare your child!

Every child is different, so it is difficult to advise what is the most suitable way to prepare your child. Some children prefer to know every single detail about the treatment, some children prefer not to know anything and will be quite happy to sit through the treatment. However, we should not tell them that the treatment “won’t hurt”. In fact, we suggest preparing your child by informing that the treatment involves some funny sensations, strange noises from the dentist’s tools, some discomfort, and sometimes some pain, so that they are not surprised when these things happen. Encourage your child to help the dentist and the nurse by opening their mouth wide, and try not to move too much in the chair.

How do most children (and parents) cope with it?

From our experience, this is quite unpredictable how each child will cope. Imagine yourselves (as adults) going to the dentist, with the knowledge dental treatments may involve some discomfort or even pain. We may ourselves feel anxious about going to the dentist. Children’s coping mechanisms are often worse than adults. So when something doesn’t feel right to them, they panic and may refuse to work with the dentists. “Melt downs” from children are common at the dentist; it can happen at any stage during the treatment process. When this happens, we (as dentist, and parents) have to listen to the child. We cannot expect them to perform or comply with our instructions when they “cannot” do them, because they are not ready for it if they are too scared/anxious.

Of course, we all wish the treatment to be performed and completed. Especially when parents took time off from work to attend the treatment with the child. Sometimes parents may feel let down by the child when he/she is unable to cooperate to complete the treatment. However, a child’s lack of cooperation at the dentist is generally not a behavioural problem, in fact it is due to true fear, and his/her lack of readiness for dental treatment. We need to respect and listen to the child.



943 • Sedation (Nitrous Oxide) for Dental Procedures

Kiddies Dental Care Sedation (Nitrous Oxide) for Dental Procedures uses Nitrous Oxide, a gas, commonly known as 'happy gas' or 'laughing gas'. Giving Nitrous Oxide is a way to help reduce a child's pain and anxiety about dental treatment, your child will breathe the gas through a small nose-piece that sits on their nose. You need to give consent. Children usually recover quickly from the effects of the gas.

Permission to give sedation

As the parent or caregiver you must give consent for sedation and consent for the procedure. You need to understand the reasons for sedation and the following risks:

- We will carefully check your child's breathing and if required, we will give your child oxygen through a mask or breathing tube.
- Some children may vomit. Very rarely, they may breathe the vomit into their lungs, which may require some specific treatment.

Fasting

Your child can have a light meal such as jelly, soup or toast and a drink two hours before the procedure.

- Inhalation sedation is done in the dental chair. Your child will breathe the sedation gas through a small nose-piece that sits on their nose. It does not cover their mouth.
- The Nitrous Oxide makes children feel sleepy and relaxed.
- They will be aware of what is happening around them but will feel more relaxed, dreamy, floaty, warm, have tingling in their hands and feet and may be forgetful. They may not be able to remember the procedure.
- While giving the Nitrous Oxide, staff will monitor your child's level of sedation to ensure that they can still cooperate and hold their mouth open.
- Dental treatment will be done in the usual manner. Local anaesthesia may also be used.

Care after the procedure and at home

Your child will recover from the effects very quickly. Some children may feel a little sick or nauseated. If they feel sick or vomit, give your child clear liquids such as diluted fruit juice, icy pole, jelly, clear soup etc. Children must have a responsible adult at the appointment with them, who can take them home and supervise all playing and bathing for the next 8 hours after getting home.

Key points to remember

- It is common for children to have sedation for procedures.
- You need to give consent before your child has sedation.
- Children usually recover quickly from the effects of Nitrous Oxide gas sedation.

I have read and understood the above information and consent my child to have Nitrous Oxide sedation for the dental treatment.

Name of patient _____

Date ____/____/____

Name of parent and relationship _____

Signature _____



How is the dental treatment performed?

We start by giving a patient the happy gas (if we decide to use it), through the nose piece. We apply topical anaesthetic on the gum. Then we will inject local anaesthetic via a needle and syringe into the gum. We may put a tooth raincoat (rubber dam) on the tooth to be treated to isolate it. We then start drilling the tooth then put a filling, do root canal treatment or a crown; or extract a tooth, whichever treatment is indicated for a particular tooth.

Future treatment visits?

Each child responds to dental treatment differently. Some children have no difficulty having more treatment in the same manner on subsequent appointments. Some children develop resistance to subsequent appointments. From our experience, majority of children have increased anxiety from each appointment and hence, the cooperation levels decrease from each visit. As a consequence of reduced cooperation, the dentist may have to resort to compromised treatment or as an alternative, the child may need to complete his/her treatment under general anaesthetics. Our dentist will advise you, on the most realistic and appropriate way to approach the remaining treatment.

Brush for 2 minutes, twice a day with a fluoride toothpaste

Cut down on how often you have sugary foods and drinks

Visit your dentist regularly as often as they recommend

Explanation on our fee structure with this mode of treatment

Paediatric dentistry is challenging, unpredictable and different from adult dentistry. The primary reasons being that the paediatric dentist is guided by the child's level of compliance, his/her emotional readiness, his/her anxiety level – to perform/complete the treatment or not. On many occasions, the proposed treatment could be performed and the treatment fee reflects our treatment quotation. However, when treatment was not performed due to the above reasons, we still charge a "Treatment Trial" fee to cover our time and expenses incurred. Our "Treatment Trial" fee structure is as follows:

If a 30-minute appointment time (Treatment Trial 30min) is booked - \$100 + happy gas fee (if used)

If a 45-minute appointment time (Treatment Trial 45min) is booked - \$150 + happy gas fee (if used)

If a 60-minute appointment time (Treatment Trial 60min) is booked - \$200 + happy gas fee (if used)

Please note, the above appointment fees **WILL NOT** be covered/reimbursed by your private health insurance. There are no item numbers for these services and payment must be rendered on the day of the appointment.



In Chair Treatment Options and Trial Fee Structure

As paediatric dentists, we are sensitive in children's feelings towards dental treatment. Through training and years of experience, we have developed sound judgment on whether the child is ready to be treated or not. We always make the decision to proceed or to stop treatment, in the best interest of the child. We strive to preserve each child's positive attitude towards the dental profession and as much as possible, provide them positive dental experiences.

How does local anaesthetic (needle) feel and how do most children react to it?

Local anaesthetic is administered with a needle being injected directly into the gum of the area being treated. Most children can feel the "pinch" and may get upset. It is not pain-free (please prepare your child that there will be some discomfort). It takes a few minutes (longer than having vaccination) to inject and the whole process can distress a child. The resulting "numb" feeling can further distress a child. Some children or some teeth take longer to feel numb. Sometimes if the tooth cannot be numbed adequately, the treatment cannot be completed, and another treatment appointment will need to be scheduled.



How does nitrous oxide work and is it "effective"?

Nitrous oxide is a gas, commonly known as 'happy gas' or 'laughing gas'. Giving nitrous oxide is a way to help reduce a child's pain and anxiety about procedures he/she is about to have. Your child will breathe the gas through a nose-piece (a mask on the nose) that sits on their nose. The gas gets into his/her body system via breathing through the nose. Happy gas may create a relaxed state of mind in some children (in other's may have no effect or may create more agitation instead). The aim of using this gas is to help your child to relax, and be able to cooperate with the rest of the treatment procedure. Your child is still "awake" and will be aware of what is happening around him/her, but will feel more relaxed, dreamy and floaty, warm, have tingling in their hands and feet and may be forgetful. Some children may not be able to remember the procedure. Nausea and vomiting are possible outcomes during or after having happy gas. Very rarely, a child may breathe the vomit into the lungs, which may require some specific treatment with admission to hospital. A small light meal completed 1 to 2 hours before the treatment time is recommended. The nose-piece is maintained on the nose of your child for whole time throughout the treatment. At the end of treatment, we give 100% oxygen to your child for 5 minutes and that will completely eliminate the happy gas in his/her body system.