

Nitrous Oxide (“Laughing Gas”)

Nitrous oxide is a safe and gentle technique used to help children relax and feel more comfortable during dental visits.

It is administered through a small, comfortable nose mask and is commonly known as “laughing gas.”

Children remain awake, responsive, and able to communicate throughout the appointment while breathing normally on their own.

How Does Nitrous Oxide Help?

Nitrous oxide can help children who:

- Feel nervous or anxious
- Have difficulty sitting still
- Need longer dental treatment
- Have a strong gag reflex
- Need help feeling more comfortable during care

Many children feel calm, light, or “giggle-like” while using it.

Is Nitrous Oxide Safe?

Yes.

Nitrous oxide has been used safely in dentistry for many decades.

The effects wear off quickly once the mask is removed, and children are typically able to return to normal activities shortly after the appointment.

Benefits of Nitrous Oxide

- Helps reduce anxiety and fear
- Works quickly and wears off quickly
- Safe and gentle for children
- Helps children build positive dental experiences