

## POST-OP NITROUS OXIDE

### NITROUS OXIDE

#### *Post-Operative Care Instructions*

Nitrous oxide is a non-absorbed gas that is quickly cleared from the system by the administration of oxygen. The following is a brief list of post-care recommendations to aid recovery and minimize complications.

- Although exhaustion in adults is uncommon, it can occur.
- It is recommended to not eat or drink anything for 2 hours following your appointment to avoid the chances of nausea and vomiting.
- Vigorous exercise and heavy lifting may want to be avoided for 24 hours following use of nitrous as you may become lightheaded or nauseous.
- If you begin to feel nauseous or light headed, please limit your physical activity and refrain from operating a motor vehicle until symptoms subside.

Please contact our office (713) 526 2904 if you are experiencing symptoms not indicated above, are in need of a bite adjustment, or if you have any questions for Dr. Sista regarding your dental care.