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Letter to Editor

NEW CONSCIOUS SEDATION GUIDELINES - A BOON OR JUST A DOOM?

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ABSTRACT

A circular number DE-130-2013 4825 dated 16th July 2013 was issued by DCI on new guidelines on conscious sedation. We personally feel this is a great step towards making sedation in dentistry a safe field and would like to congratulate the authorities for the same. Such guidelines are a must before any accident happens tarnishing the image of pediatric and general dentistry. However, we recommend few things along with request to give nitrous oxide a special consideration.
Keywords: Sedation, Guidelines, Nitrous Oxide, Moderate Sedation, Relative Analgesia

MANUSCRIPT

Since its discovery more than 160 years ago, nitrous oxide has been used to provide pain and anxiety relief for patients undergoing surgical procedures with a remarkable safety record[1]. Clearly, the safety of nitrous oxide use in early days was related to inherent safe characteristics of the drug rather than sophisticated insight[2]. Today, there is keen interest in establishing basic guidelines for practitioners who provide all types of sedations, including nitrous oxide and oxygen.

We at our department went through the circular number DE-130-2013 4825 dated 16th July 2013 issued by DCI on new guidelines on conscious sedation. We feel this is a great step towards making sedation in dentistry a safe field and would like to congratulate the authorities for the same. Such guidelines are a must before any accident happens tarnishing the image of pediatric and general dentistry. I, the corresponding author have lot of interest in pharmacological behavior management. Due to the same reason I have done lots of cases at different levels of sedation and I keep reading about the same with keen interest.

Sir, however we feel **nitrous oxide conscious sedation** should be kept out of this as it is very safe and to the best of our knowledge, no causality has ever taken place in the long history of this technique when this technique is used alone for dental treatment purpose. We, all being pediatric dentists, are well aware of the measures taken with this technique and machine functioning which proves this method a boon to dentistry. This technique also has a long history of usage in western countries for dental purpose.

We would like to recommend the following things -
1. DCI recognized courses/workshops should be conducted for dentists who wish to practice nitrous oxide conscious sedation in their dental set up.
2. Such courses once done should be redone/revised in specific time period, as advised for BLS courses.
3. Separate guidelines for nitrous oxide sedation usage should be made, as followed by other developed countries.
4. Sedation in dentistry should be made mandatory to be included in the curriculum of a BDS degree in India.

CONCLUSION

Like any developed country, guidelines for sedation in dentistry are required, but they should be based on scientific evidence and once implemented should be strictly followed. Measures should also be taken to prevents its abuse (mainly recreational), as its usage is expected to increase in coming years.

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