



## Nitrous Oxide Use in Dental Care

### Why am I being warned about potential exposure to nitrous oxide?



- Nitrous oxide is on the [Proposition 65](#) list because it can cause birth defects or other reproductive harm.
- Women exposed to nitrous oxide may experience reduced fertility. Exposure during pregnancy may cause loss of pregnancy, and birth defects or other reproductive harm.
- Proposition 65 requires businesses to determine if they must provide a warning about exposure to [listed chemicals](#).

### What is nitrous oxide?

Nitrous oxide, commonly known as “laughing gas,” is a gas used in combination with other gases to ease pain and anxiety during certain dental procedures.

### How does exposure to nitrous oxide occur during dental care?

- A dental patient breathes in nitrous oxide when it is used during a dental procedure.
- During pregnancy, nitrous oxide can pass from mother to baby when the mother undergoes a dental procedure using this gas.

### How can I reduce my exposure to nitrous oxide during dental care?

- ✓ Have regular dental checkups and practice good oral hygiene.
- ✓ When planning dental work, especially during pregnancy, talk with your doctor or dentist about anesthetic options other than nitrous oxide.

### For more information:

#### Scientific Fact Sheets and Resources

- Centers for Disease Control and Prevention (CDC)
  - ▶ Controlling Exposures to Nitrous Oxide During Anesthetic Administration  
<http://www.cdc.gov/niosh/docs/94-100/>
  - ▶ Control of Nitrous Oxide in Dental Operatories  
<http://www.cdc.gov/niosh/docs/94-129/>

#### Dental Oral Health

- California Dental Association (CDA)
  - ▶ Oral Health Fact Sheets  
<http://www.cda.org/public-resources/patient-fact-sheets>
  - ▶ Nitrous Oxide  
[http://www.cda.org/Portals/0/pdfs/fact\\_sheets/nitrous\\_oxide\\_english.pdf](http://www.cda.org/Portals/0/pdfs/fact_sheets/nitrous_oxide_english.pdf)

**Proposition 65**

- California Environmental Protection Agency (CalEPA)  
Office of Environmental Health Hazard Assessment (OEHHA)
  - ▶ Proposition 65: Background  
<https://www.p65warnings.ca.gov/faq>
  - ▶ Proposition 65: The List of Chemicals  
<https://www.p65warnings.ca.gov/chemicals>
  - ▶ Proposition 65: Fact Sheets  
<https://www.p65warnings.ca.gov/fact-sheets>