

The GREAT Diversity of N2O



Child Birth

- Due to the calming effect of laughing gas, the expectant mother can relax during childbirth and let go of her fears.
- **The pain-inhibiting effect starts after just a few breaths and relieves the pain of labor.**
- Through communication with the midwife, the expectant mother has control over the intensity of the sedation, as well as over herself and her body.
- Since nitrous oxide has very few side effects and is gentle, a combination with other painkillers is possible.
- The natural birth process and the length of the birth period are not negatively affected by the inhalation of nitrous oxide.
- Current studies show that gentle sedation with nitrous oxide has no negative effects on the mother and the unborn child.
- **A guaranteed oxygen supply of at least 50% ensures high oxygen saturation in the blood during the birth process.**

Child Birth

„I can recommend a birth with nitrous oxide to every expectant mother and would do it again and again!“ - Lisa Baldus



Low side effects

Reduces labor pain


Has an anxiolytic and relaxed effect

Mother is fully conscious

Rapid onset of action

Optimal oxygen supply

Gynecology

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- Nitrous oxide is very popular due to its anxiety-reducing and relaxing effect.
 - Patients are always responsive and communicative during sedation, but have a reduced sensation of pain and can decouple from the treatment
 - Especially when inserting systems such as spirals and copper chains, the use of nitrous oxide is very suitable to make the treatment as comfortable as possible for the patients.
 - Due to the highly relaxing effect of nitrous oxide, uncontrolled movements of the patients are avoided, and the doctor's work is made much easier.
 - The women can leave the practice after their appointment as usual, as nitrous oxide has no side effects and the effect of the sedative is only present over the duration of the sedation.

Psychotherapy

- The number of depressed people worldwide is increasing annually for both men and women.
- Some signs of depression also include fears about the future and suicidal thoughts.
- A variety of drugs are used to treat depression, but not all of them have been proven to have an effect and not all patients respond equally to their effect.
- Studies have shown that symptoms of severe, therapy-resistant depression can be alleviated by inhalation sedation with nitrous oxide.
- It has been proven that biogenic amines are released under nitrous oxide inhalation and the so-called endogenous hormones (primary catecholamines) are released.
- These include norepinephrine and dopamine, which causes a positive mood and buoyancy in the patient in the medium term (up to 14 days) after release.

Depression

The feeling of warmth and calm caused by nitrous oxide makes patients relax and detach from their symptoms.

Even a small percentage of nitrous oxide can cause relief of symptoms and is often as effective as severe sedation with a higher proportion of nitrous oxide.

Treatment with nitrous oxide is therefore a successful and gentle method to treat people suffering from depression and alleviate their symptoms, without restrictions due to side effects.

Studies show that medication with psychotropic drugs is often no longer necessary in depressed patients after completion of nitrous oxide therapy.

Dermatology



- **In dermatology, nitrous oxide sedation is a great tool for laser procedures, minor operations or cosmetic treatments to reduce pain and relax the patient.**
- **The highly relaxing effect of N₂O is on the one hand, because it decouples from the treatment**
- **On the other hand, it facilitates the work of the practitioner by the absence of uncontrolled movements of the patient during the procedure.**
- **Local anesthesia by means of an injection may not be dispensed with.**

Aesthetic/ Plastic Surgery



- **More and more practices are using nitrous oxide sedation in aesthetic facial surgery to reduce anxiety, pain and restlessness during treatment.**
- **In patients, laughing gas evokes a feeling of relaxation and lightness, and the perception of pain decreases significantly.**
- **Nitrous oxide sedation is often used in aesthetic surgery for wrinkle treatments with botulinum toxin, wrinkle treatments with hyaluronic acid and laser treatments.**