

# BREATHE AWAY PAIN AND ANXIETY WITH PRO-NOX™

A safe and comfortable choice to relieve worry  
and discomfort during in-office procedures.



**PRO-NOX™** 

We are pleased to offer this proven relief option for  
our patients. See for yourself! Ask how Pro-Nox™  
can be combined with your upcoming procedure.



# RELIEF IS IN YOUR CONTROL WITH PRO-NOX™

The Pro-Nox™ Nitrous Oxide Delivery System empowers you to safely control your pain relief during in-office procedures.

The fixed mixture of 50% Nitrous Oxide (N<sub>2</sub>O) and 50% Oxygen (O<sub>2</sub>) uses a **specially designed on-demand valve that only delivers the medical gases when you inhale**. You manage when to use it and for how long while still being able to recognize and respond on your own terms. This diminished sensation to pain without loss of consciousness is also known as an analgesia.

## Quick Effect and Recovery

The effects are typically felt within just a few breaths through a mouthpiece or mask offering immediate relief of pain and anxiety. No needles or pills. When the pain subsides, take a couple of normal breaths without the mouthpiece or mask and the N<sub>2</sub>O is **expelled from your body quickly**.

## IS NITROUS OXIDE SAFE?

The 50/50 mix of Nitrous Oxide and Oxygen has been used around the world for decades. Studies have shown that it is non-addictive and even decreases the need for other pain medication, like pills.

This pain management alternative has been used in a variety of facilities including aesthetics, labor and delivery, orthopedics, plastic surgery, urology, dermatology, hospitals and surgery centers to name a few.



## Frequently Asked Questions

### How does Pro-Nox™ work?

The equipment is calibrated to ensure a perfect 50/50 blend delivered with each breath. Inhale while holding your own mouthpiece or mask. Keep the mouthpiece or mask up to your face, or nearby, as directed by your provider. Breathing in and out will help relieve pain and anxiety.

### Does Pro-Nox™ have side effects?

Some patients report nausea, but taking a few deep breaths without the mouthpiece or mask to your mouth should eliminate this feeling. Speak to your provider about any contraindications before using.

### Do I breathe from the Pro-Nox™ during the entire procedure?

No, breathe from the system as you need it for relief or as directed by your provider.

### Are there any special preparations to use the Pro-Nox™?

No, there is nothing you need to do prior to, or in preparation of, using the system.

### Can I drive myself home after the procedure?

Yes, unless directed otherwise by your provider.



## **Consent Form & Contraindications for Administration of Nitrous Oxide for Pain & Anxiety with the PRO-NOX system during Aesthetic Procedures**

I hereby authorize \_\_\_\_\_ and staff to provide me with Nitrous Oxide through the PRO-NOX system for the purpose of pain and anxiety control during my procedure.

PRO-NOX is a self-administered (under the supervision of medically trained staff), quick onset, fixed 50% nitrous and 50% oxygen pain management system with short duration of effect. It is generally metabolized and “out of your system” (you are back to normal) within minutes of discontinuing, and therefore you are able to regain complete mental and physical function quickly and drive home.

The risks and benefits of inhaled nitrous oxide for pain and anxiety control have been explained to me as have alternative forms of pain control options. Although no severe complications have been reported with this device and type of analgesia, the risks could include headache, euphoria, decreased mental and physical awareness and control, device malfunction and potential overdose, failure of effect, and other unforeseen problems. We have seldom seen any of these problems but are required to disclose them.

**\*If you have been diagnosed with a severe breathing condition, you should consult your doctor before using Pro-Nox.**

I understand that some possible side effects of nitrous oxide include: dizziness, nausea, light-headedness, and unsteadiness. I understand that I should wait 10 minutes after the last use of nitrous oxide before driving a car or operating any type of machinery.

I understand that using nitrous oxide may make me unsteady and that if need to get off the procedure table, I will do so only with assistance.

I agree to hold the mouthpiece and inhale the nitrous oxide/oxygen gas mix without assistance from others and only as needed through the procedure to maintain my comfort level.

I understand that nitrous oxide has been safely used throughout the world for pain and anxiety management for many decades, and continues to be used worldwide today. I also understand that the risks for nitrous oxide use are the same risks that exist for virtually all other pain-relieving medications that I may choose to use during my procedure.

I understand that there are several contraindications for use of Nitrous Oxide through the PRO-NOX system. They are listed below.

### **CONTRAINDICATIONS**

- Pregnancy
- Vitamin B12 Deficiency
- Hypersensitivity to nitrous oxide mixtures
- Artificial, traumatic or spontaneous pneumothorax
- Air embolism
- Middle ear occlusion, ear infection
- Eye Surgery with intra-ocular gas injection within the last 6 weeks
- Decompression sickness
- Severe abdominal distension secondary to intra-abdominal air / intestinal obstruction

- Inability of patient to follow directions
- Inability of patient to hold own delivery device (mouthpiece or mask)

I acknowledge that I do not have any of these conditions and consent to the use of Pro-Nox for my procedure today and in the future.

I understand, agree to the above, and wish to use the PRO-NOX nitrous oxide system during my procedure and consent to the self-administration of the gas provided to me by the medical director and their medically trained staff members.

\_\_\_\_\_  
Signature of Patient

\_\_\_\_\_  
Date

\_\_\_\_\_  
Patient Name Written

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of Witness Written