

Pro-Nox for Pain Management

What is Pro-Nox?

Pro-Nox is a safe option to help manage anxiety and discomfort for virtually any procedure patients might find painful. It uses a delivery system that is patient controlled, non-addictive, and effective to provide superior comfort during any procedure.

The big advantage of Pro-Nox over oral medications for pain and anxiety is that the patient can drive to and from the procedure. The effects of the analgesia wear off after 10 minutes.

How does it work?

Pro-Nox is 50% oxygen and 50% nitrous oxide. Nitrous oxide is a well-known sedative in medicine that calms the central nervous system. What makes this system appealing is the on-demand nature of the delivery system. During the procedure, the patient holds the disposable mouthpiece and can control how much or how little of the nitrous oxide that is inhaled. Since each patient is different and is the best judge of comfort, the control is in the hands of the patient.

Is this the same “laughing gas” used at the dentist?

Not Quite. When patients are given nitrous oxide at the dentist, they have little to no control over the dosage and amount administered. In addition, the concentration of nitrous oxide in “laughing gas” is higher at 70%.

When does it take effect?

The benefits of the 50/50 mixture are that it takes effect within seconds of inhalation providing near instantaneous comfort and reduced anxiety. These effects last for a few minutes at a time and can be extended by self-administering more of the gas mixture as needed. To take Pro-Nox, the patient simply breathes into the mouthpiece when needed. The effects wear off after 10 minutes and patients can drive home. Patients now can respond to pain and discomfort on their own terms, without disrupting the rest of their day.

What procedures do patients often do with Pro-Nox?

While Pro-Nox can be used for virtually any procedure patients find uncomfortable, the most common uses are with lasers (e.g., IPL, V-Beam, Hair Removal, CO2, 1540), Fillers, Micro-needling, and Photodynamic Therapy.

What are the side effects?

Short-term side effects may include dizziness, nausea, light-headedness and/or unsteadiness.

Pro-Nox is not recommended for use in patients who are pregnant, hypersensitivity to nitrous, pneumothorax, air embolism, middle ear occlusion, eye surgery with intra-ocular gas within the past 6 weeks, decompression sickness, intestinal obstruction, Vitamin B12 or Folate deficiency, and inability to hold the mouthpiece/follow directions.

What alternatives exist for pain control during a procedure?

For many years, we have used Percocet and Xanax as an alternative to Pro-Nox. While both manage the pain well albeit differently, the advantage of Pro-Nox is the near immediate onset of action and the ability to move out of the system quickly so you can drive home after the procedure. Pain medications such as Percocet take an hour to work and remain in the system for up to 6 hours. Patients do need a driver after taking these medications.

How much does it cost?

Our fee to administer **Pro-Nox is \$100.**

