



New pain management for laboring moms!

Southern Hills Hospital is excited to offer Nitrous Oxide as a new pain management option for moms. Nitrous oxide works quicker than an epidural and without many of the side effects. Nitrous Oxide also gives laboring mom's control of their pain management. Nitrous Oxide is administered through a mask, so moms can choose when to put the mask on and when to take it off. Nitrous oxide has also been shown to create a sense of pleasure and relaxation while decreasing anxiety.