

pre and post op instructions

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INTRAVENOUS SEDATION – INSTRUCTIONS FOR PATIENTS

These guidelines are essential for your continued comfort and safety.

You should;

- Eat and drink as normal on the day of your sedation appointment up to 1 hour before your appointment
- Avoid any alcoholic drinks or heavy meals.
- Continue to take any regular prescribed medication unless advised not to.
- Be accompanied by a responsible adult who can wait here while you are treated and escort you home afterwards in Private Transport (i.e. Car or Taxi) Not Bus or Train.
- Wear loose comfortable clothing to enable us to monitor you during the procedure i.e. blood pressure. You should wear flat heeled shoes or trainers on the day of the appointment.
- Please remove all jewellery, your watch, heavy make up, nail varnish etc., if applicable, before leaving home.
- Important: Please note that failure to follow these instructions may force us to cancel your appointment and fees will be incurred!
- If you have any queries, please do not hesitate to ask any member of staff.

In addition:

For Patients who have had Sedation.

- Should not drive, operate machinery or sign important documents until the next day.
- Avoid using cookers, kettles, irons or other potentially dangerous appliances
- Patients should stay off work or school until the following day, and limit themselves to quiet restful activities; they should be accompanied by a responsible adult for the rest of the day.

POST-OPERATIVE INSTRUCTIONS

It is important not to rinse for up to 24 hours afterwards, as this may cause bleeding. From the next day onwards, try to keep the extraction site clean by gentle rinsing with hot salty water or a Chlorhexidine based mouthwash (e.g. Corsodyl) this will aid healing.

- It is not uncommon for slight bleeding from the socket after an extraction. If this occurs, bite firmly on a clean damp cotton handkerchief for at least 20 minutes.
- Soft foods are advised for the remainder of the day following the operation, but nothing too hot or cold. You should also be careful not to bite your cheek, lip or tongue while still numb.
- You should expect some soreness afterwards, which can be relieved by painkillers (such as Paracetamol, Solpadeine, and Nurofen etc). These can be taken while you are still numb.
- If you have had wisdom teeth removed you may suffer from numbness or slight tingling of the lip or tongue. This usually resolves within days, but please contact the surgery if the problem persists.
- Unless you are informed otherwise, any stitches will dissolve after 10/14days.
- You may have a swollen or bruised face / neck after the operation and possibly have restricted mouth opening. This is common, and symptoms should resolve after a week or so.
- It is important not to take alcohol for 24 hours after the operation and not to smoke while the socket is healing. Smoking should be avoided for 7 days, as this will make you more prone to an Infected Socket.
- For Patients who have had Dental Implants placed, please avoid biting hard foods for up to 3 months – Please discuss this with your Dentist if necessary.
- If any of the above problems persist, please call the Surgery.

