

# Your dental treatment under day case general anaesthetic

This is a guide for patients who come for dental surgery under general anaesthetic and go home the same day. Please read the whole of this leaflet carefully.

**Your dental appointment:**

**Your name:** .....

**Day:** .....

**Date:** .....

**Time:** .....

If you are unable to attend your appointment, please call us on **020 7188 1279** as soon as possible.

Please note that you will need someone to accompany you to your appointment at the Dental Day Surgery Unit. We will not be able to go ahead with your treatment unless they are present. After the surgery, they will take you home and stay with you until the following day.

## **What is dental day case treatment?**

Dental day case treatment means coming into hospital for a dental procedure or surgery, and going home the same day. It is for people who do not need to stay in hospital overnight.

Not all patients are suitable for day case treatment. We will assess your physical health and home circumstances to decide if day surgery is the best option for you.

## **What is a general anaesthetic?**

A general anaesthetic is medication that causes you to be temporarily unconscious (asleep) so you do not feel anything during your surgery. An anaesthetist (a specially trained medical doctor who gives anaesthetics) will stay with you and monitor you during your surgery.

The anaesthetist caring for you will meet with you to discuss your care. They will explain which type of anaesthetic is recommended for you. The doctor will also explain how any pain will be managed.

Please ask us any questions if you are worried or have any concerns. We are here to help.

## **Giving my consent (permission)**

We want to involve you in decisions about your care and treatment. If you decide to go ahead, you will be asked to sign a consent form. This states that you agree to have the treatment and you understand what it involves. If you would like more information about our consent process, please speak to a member of staff caring for you.

## **What do I have to do before my surgery?**

It is important for you to follow these instructions before your surgery. If you do not, we may not be able to go ahead with your treatment.

- **Do not eat for six hours before your surgery. This includes sweets and chewing gum.**  
You can have water, no more than 100ml (a very small glass), up to two hours before your surgery. This must be water, **not** fizzy drinks, tea or coffee. If you have food or drink in your stomach when you have an anaesthetic, you are at a higher risk of vomiting while you are unconscious, which can lead to serious complications.

### **If you have a morning appointment (8am)**

- your last food must be before 2am
- then you can sip water only until 6am.

Most people don't have anything to eat after going to bed the night before.

### **If you have an afternoon appointment (12.30pm)**

- your last food must be before 7am
  - then you can sip water until 10.30am.
- We advise you not to smoke for at least 24 hours before your surgery since smoking will delay your mouth from healing. If you would like help to stop smoking please let us know.

Our hospital has a no smoking policy, and smoking is not permitted on our premises.

- **Please arrange for a responsible adult to come with you to your appointment.** They should be mobile and able to escort you home. They must be able to stay with you for a minimum of 24 hours after you leave hospital.  
**Your surgery will be cancelled if you arrive without someone who can stay with you.**
- Please do not bring children or infants with you as we do not have suitable space for them.
- **Please bring all your medication to the Dental Day Surgery Unit so we know what you are taking.** This includes all prescription medication and inhalers, medication you have bought and alternative medicines, such as herbal remedies. Unless your doctor or nurse tells you otherwise, please take your usual medication, as prescribed by your doctor, with a small sip of water, on the day of your surgery.
- Please bring your GP's name, address and postcode if you have moved to a new GP practice since making your appointment.
- Please bring any mobility aids, such as a walking stick or walking frame.
- Please bring your glasses but not contact lenses since they can damage your eyes if left in during the procedure.
- If you develop a cold or feel unwell on the day before your treatment or think you might be pregnant, please call us for advice. See the 'Contact us' box at the end of this leaflet.

- Please have a bath or shower on the morning of your surgery and wear loose and comfortable clothing.
- Please remove all make-up, nail varnish, piercings and skin lotions, so we can monitor your skin colour and oxygen levels during your surgery.
- Please leave all jewellery at home. If you have jewellery that cannot be removed, tell us so we can tape it before your surgery. We do this so it does not interfere with our equipment during surgery.
- Please bring a book or magazine to read whilst you wait and leave all valuables at home as they might get lost or misplaced at the unit. There is free wi-fi in the waiting room.
- Please do not bring large bags or suitcases to the unit as storage space is limited.

## **What will happen when I arrive at hospital?**

When you arrive at the Dental Day Surgery Unit please tell the receptionist your name. The receptionist will take you, and your escort, to a room where you will meet the team looking after you.

## What will happen before my surgery?

Before your surgery, the following will happen:

- A nurse will take your blood pressure and pulse and make sure you are ready for treatment.
- You will be given a surgical gown to wear over your clothes.
- The anaesthetist will discuss the anaesthetic procedure (putting you to sleep during the surgery).
- A member of the dental team will discuss your treatment.
- We will give you an estimate of your surgery time after we have met all the patients.

Please note, we make every effort to keep waiting times to a minimum. However, it is not always possible to predict how long each individual procedure will take.

- A member of the surgery staff will take you to the operating theatre when it is time for your surgery. Your escort can come in with you, if you want.

If you wear prescription glasses you can wear them into the operating room, but a nurse will look after them during your surgery. After your surgery they will return them to you when you are in recovery.

- You will be asked to sit on a trolley after the anaesthetist's assistant has checked your name. We will attach some equipment to you so we can monitor your heart, blood pressure and breathing during your surgery.
- The anaesthetist will give you the anaesthetic drugs either by injection or through a mask and you will quickly go off to sleep. Your escort can return to the waiting room.

## **What will happen during my treatment?**

Each patient's treatment is different. The dentist and anaesthetist will explain to you what will happen during your surgery.

A team of highly trained doctors and nurses will be with you and monitor your care throughout the surgery and in the recovery room.

## **What will happen after the surgery?**

After treatment, you will be taken to the recovery room. This is where you will wake up.

You will have an oxygen mask on your face which is normal practice after an anaesthetic. The oxygen helps to clear the anaesthetic from your body while you are recovering.

If you have had teeth extracted, you will have a fabric dressing in your mouth and there may be some blood present.

You will have your blood pressure and pulse checked regularly in the recovery room. You will also have your oxygen levels checked, using a clip on your finger.

If you experience any pain or discomfort, please tell your nurse so you can be given medication to relieve it. If you feel unwell, the recovery nurse will offer you some anti-sickness medication.

## **When can I go home?**

You will need to stay in the recovery room for a couple of hours so we can make sure you are well enough to go home.

We will explain the treatment you have had carried out to both you and your escort.

We will also give you instructions on how to look after your mouth.

You will be offered squash or water when you feel ready.

We will talk to you and your escort about your care at home and we will explain any medication that we prescribe for you. Please ask us any questions you might have.

You will be able to leave the unit when your nurse is happy that you are well enough to go home.



## **When you are at home**

**When you are at home it is important that you follow the advice given to you below, for your safety.**

Although you might feel fine, your judgement and coordination may still be affected for 48 hours after your surgery.

Please rest at home for a minimum of 24 hours after the surgery. Do not go to work or school on the day after your surgery.

Please follow the advice and instructions that the doctors and nurses have given to you.

For 48 hours after the surgery, do **not**:

- drive any vehicle, including a bicycle
- operate any machinery
- attempt to cook, use sharp utensils or pour hot or boiling liquids
- drink alcohol
- smoke
- take sleeping tablets
- make any important decisions, or sign any contracts.

If you are worried about your condition when you are home, please telephone the Dental Day Surgery Reception (See the 'Contact us' box at the end of this leaflet).

## **Will I need a follow-up appointment?**

Before you leave the Dental Day Surgery Unit we will let you know if you need a follow-up appointment with us, You will receive your appointment in the post.

A letter explaining your dental treatment with us will have been sent to your local dentist so they are aware of your dental treatment with us.

## **Checklist of things to remember**

For your dental day surgery, please bring with you:

- ☐ any medication, including prescription medication, inhalers, medicines you have bought and alternative medicines such as herbal remedies
- ☐ your GP's name, address and postcode if you have moved to a new GP practice since making your appointment
- ☐ your glasses - contact lenses can damage the eye if left in during your procedure
- ☐ any mobility aids you use, such as a walking stick or walking frame
- ☐ a book or magazine to read whilst you wait for your surgery.

Please do **not** bring:

- ☐ any valuables, as they might get lost or misplaced
- ☐ children, as we do not have suitable space for them
- ☐ large bags or suitcases as storage space is limited.

Please remember to:

- ☐ bath or shower in the morning
- ☐ wear loose, comfortable clothing
- ☐ remove all make-up, nail varnish, piercings, and jewellery.

**If you feel unwell on the day before your treatment or think you may be pregnant please contact us on 020 7188 1279.**

## Contact us

The Dental Day Surgery Unit is located at:  
23<sup>rd</sup> Floor of Tower Wing at Guy's Hospital,  
Great Maze Pond, London SE1 9RT

If you have any concerns before your surgery please  
contact us on 020 7188 1279 (Monday to Friday,  
8am-5pm)

If you have any concerns when you are at home please  
contact us on 020 7188 7188 ext 53502

## Pharmacy Medicines Helpline

If you have any questions or concerns about your  
medicines, please speak to the staff caring for you or  
call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

## Your comments and concerns

For advice, support or to raise a concern, contact our  
Patient Advice and Liaison Service (PALS). To make a  
complaint, contact the complaints department.

t: 020 7188 8801 (PALS) e: [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

t: 020 7188 3514 (complaints) e: [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## NHS 111

Offers medical help and advice from fully trained  
advisers supported by experienced nurses and  
paramedics. Available over the phone 24 hours a day.

t: 111

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