

# St+Faith

DENTAL CLINIC



2 Halsford Park Road  
East Grinstead  
West Sussex  
RH19 1PN

Tel & Fax: 01342 322228

General Enquiries Email: [stfaith@btconnect.com](mailto:stfaith@btconnect.com)

Patient Referrals Email: [stfaith.halsfordparkroad@nhs.net](mailto:stfaith.halsfordparkroad@nhs.net)

[www.stfaithdental.com](http://www.stfaithdental.com)

# Recommendations by

## *Standards for Conscious Sedation in Dentistry: Alternative Techniques*

**Faculty of Dental Surgery of the Royal College of Surgeons of  
England and the Royal college of Anaesthetists, 2007  
Intercollegiate Advisory Committee for sedation in dentistry**

**The Standing Dental Advisory Committee**

**Conscious Sedation in the Provision of Dental Care 2003**

**Are adhered to in our Clinic**



### EQUIPMENT

We have a full range of very specialised modern Monitoring, Conscious Sedation and Resuscitation Equipment equivalent to that of an NHS acute trust hospital.



#### From Brighton

- Head north along the A23/M23.
- Leave the motorway at Crawley junction (A264) and follow the signposts to East Grinstead.
- At traffic lights turn right onto the A22, follow road past Felbridge Hotel, straight on at traffic lights and past the Texaco Garage on the left.
- Go straight through pedestrian traffic lights and take next turning on right, (Halsford Park Road).
- The St Faith Dental Clinic is on the right hand corner of Halsford Park Road as you turn into it.

#### From Tunbridge Wells

- Follow signs to East Grinstead along A264, follow road until you get to East Grinstead.
- Go past Queen Victoria Hospital, straight on at a mini-roundabout and up the hill follow signs to Gatwick.
- Getting into left hand lane at Esso garage, turn left at fire station and go past Homebase on the right.
- Straight across the mini-roundabout, and through the pedestrian lights.
- Just before the second set of pedestrian lights take a left which is Halsford Park Road, the St Faith Dental Clinic is on the right hand corner of Halsford Park Road as you turn into it.



#### From M25 (London)

- Leave the motorway at junction 6 and follow A22 towards East Grinstead.
- You will go through South Godstone, Blindley Heath and Newchapel.
- At traffic lights at Felbridge, go straight on and follow road past Felbridge Hotel, straight on at traffic lights and past the Texaco garage on the left.
- Go straight through two sets of pedestrian traffic lights and take next turning on right, (Halsford Park Road).
- The St Faith Dental Clinic is on the right hand corner of Halsford Park Road as you turn into it.

## WHY THIS SEDATION CLINIC? WE CAN HELP:-

If you are nervous of dental treatment.

If you require Oral Surgery.

If your child is unable to cope with treatment in the normal way

We are able to carry out a wide variety of dental treatment for both adults and children including:

- Extractions including the removal of impacted wisdom teeth
- Fillings
- Apicectomies
- Root canal treatments where appropriate
- Dental Implants

## CONSCIOUS SEDATION

Your dentist has recommended that you have your dental treatment with the help of sedation. Sedation is when drugs are used to make you feel less anxious and more relaxed. It will make you drowsy, less aware of what is happening and with few memories of what has happened to you during your treatment. It does not make you unconscious and you will be aware of what is happening. Patients will be constantly monitored throughout the procedure.

Sedative drugs (medicines) can be given in a number of ways. Your dentist will decide, with you, which type is the best for your planned dental treatment.

There are different levels of sedation and several methods can be used.

You may have sedation:

- by breathing in gas through a nosepiece (inhalation)
- by injection into a vein in your hand or arm (intravenous)
- by swallowing a medicine (oral)
- by placing a medicine under your tongue or into the nose (transmucosal)

The team will discuss the best method to use for you and your treatment. We will give you some information about the type of sedation you will be having for your treatment. If you are particularly anxious about treatment intravenous sedation is often the most practical solution. Further information regarding the various types of sedation are available on our website [www.stfaithdental.com](http://www.stfaithdental.com) or in person at the practice during pre-assessment if this is more suitable.

Our team will give you some instructions to follow. These are important for your safe and comfortable care. For most types of sedation, you will need someone to come with you on the day of your treatment so that he or she can look after you when you go home. You may be drowsy for up to 24 hours afterwards. Your escort will also be given some important information about how best to look after you following your treatment under sedation.

## THE SEDATION TEAM

### The Dental Surgeon

A Dentist highly experienced in the particular requirements of treatment under sedation.

### The Sedationist

A trained doctor who specialises in safe conscious sedation.

### The Receptionist

Will meet you upon your arrival and will coordinate all administrative and financial matters.

### The Dental Nurse

A trained nurse who assists the Dental Surgeon.

### The Recovery Nurse

A trained nurse who specialises on looking after patients post conscious sedation.

## OUR DENTISTS:

Richard Simons BDS (Lond) FDS RCS (Edin) Oral Surgeon. 1993

Martin Witzman DDS (Iran) 1999 (Sweden) 2005

Andre La Grange BChD (Pretoria) 1991

Susanne Simons DDS (Sweden) 1999

Jessica Morris BDS (Birm) 2011

Hien Le BDS (Lond) 2012

Hannah Keanie BDS (Brist) 2005

Our Dentists are supported by our committed team of Anaesthetists, Practice Manager, Qualified Dental Nurses and Experienced Receptionists.

## PRE-ASSESSMENT

You may attend our pre-assessment clinic a few days/weeks before the date of treatment to discuss your proposed treatment and conscious sedation.

If you wish to attend please indicate Yes or No on our referral form and your dentist will send it to us.

If you would rather not attend prior to treatment, you will receive an appointment by post. When you ring to confirm your appointment we will go through all the pre-assessment protocols at that point.

On the day of treatment the Dental Surgeon and Sedationist will explain the procedure in detail and then ask you to sign the consent form.

At examination (if agreed) the proposed treatment may be simplified to ensure the most reliable outcome. Nevertheless subsequent removal of filled teeth is occasionally necessary.

**We must ask you to confirm with your dentist that all appropriate xrays have been made available.**

## PRIOR TO YOUR APPOINTMENT

You will be sent an appointment by post or email, once we have received the referral from your dentist. The appointment letter will ask that you confirm your appointment FOUR working days before your treatment is due. This can only be done by the patient themselves, unless they are under 18 in which case a parent or legal guardian can confirm the appointment. (This is due to patient confidentiality).

We will need to speak to the parent or legal guardian of all patients under the age of 18 as there are instructions which must be followed, unfortunately we may otherwise have to cancel the appointment.

Please inform the clinic of any change to your medical history and if you have any allergies. Please also make your dentist and sedationist aware of the above on the day of treatment. Please bring any medication you may be taking with you on the appointment day.

Please note: it is not appropriate to bring other children to the appointment

## DAY OF TREATMENT

On arrival at the clinic you will be welcomed at reception. You will be asked to confirm certain information and also check and confirm that all relevant medical history is noted. You will be weighed, and in the case of children a local anaesthetic or “Magic Cream” will be applied to the hand and/or arm.

In Order for sedation to be carried out you MUST observe the following points:-

- 1) DO NOT EAT OR DRINK ANYTHING (including water) FOR **FOUR OR SIX** HOURS PRIOR TO YOUR APPOINTMENT TIME. (You will be advised for how long when the appointment is confirmed).
- 2) You must be accompanied and driven home by a responsible adult, and in the case of under 18's a parent/legal guardian must be present to sign the consent form. THE ESCORT AND/OR DRIVER MUST REMAIN ON THE PREMISES WHILE THE TREATMENT IS CARRIED OUT. PUBLIC TRANSPORT IS NOT ACCEPTABLE.
- 3) UNFORTUNATELY IF THESE POINTS ARE NOT FOLLOWED WE WOULD NEED TO CANCEL YOUR TREATMENT.

Please wear flat heeled shoes and comfortable clothing.  
Please remove all jewellery and nail varnish prior to treatment.

**PLEASE ALLOW UP TO THREE HOURS IN OUR CLINIC.  
WE ARE NOT A CONVENTIONAL DENTAL PRACTICE.**

## IN THE TREATMENT ROOM

The dentist and sedationist will explain all procedures in detail and then ask you to sign a consent form. If we do not have an x-ray one may be taken prior to your treatment.

The Sedationist will administer the sedation drugs either through a small injection in the hand or arm, or via a mask. When sedating children, the child may be distracted whilst the injection is placed into their hand. Parents / Legal Guardians will be asked to hold the other hand to try and comfort the child. When the drugs take effect the patient is sedated and will remember very little about the treatment from then onwards. At this stage, parents / legal guardians / accompanying adults will be asked to leave before treatment commences. A local anaesthetic will ensure that there is no pain. Once the treatment is complete, parents / legal guardians / accompanying adults will be called into the recovery room.

## IN THE RECOVERY ROOM

The recovery nurse will go through all the post operative instructions to the parent /accompanying adult. The patient will not be discharged until the recovery nurse and sedationist are happy that they fulfil the discharge criteria for the clinic.

## 24 HOURS AFTER YOUR TREATMENT

- Remember, you have had an operation, so take things easy.
- A responsible adult will need to stay with you for up to 24 hours after your treatment.
- Do not drive a motor vehicle or ride a push bike.
- Children should not attend school & adults should not attend work.
- Do not cook or operate machinery.
- Do not drink alcohol.
- Avoid exercise.
- Avoid very hot drinks, hot foods or hard and chewy foods.
- Take any prescribed medication with a little water.
- Do not brush your teeth, rinse your mouth or touch the wound for at least 24 hours.
- Avoid smoking. This can lead to delays in healing and increases the risk of infection.
- If you were not prescribed any medication, but experience some pain, please take your usual over the counter painkillers, these should be sufficient. Please contact us if you have any concerns.

## DAY 2 – 4 POST TREATMENT

Use a warm saline solution to bathe the wound if you have had extractions. Do this after every meal until the wound has healed. You can make a saline rinse by dissolving a level teaspoon of salt in a glass of warm water. The solution should be held in the mouth for 2-3 minutes and then discarded.

It is important that there is NO vigorous mouth washing. This could wash away the blood clot covering the wound and delay healing. This can also lead to infection which typically will develop 2-3 days after your treatment. If you experience a constant deep throbbing pain, please contact us.

## POINTS TO OBSERVE AFTER TREATMENT

- **PAIN** – Dental operations can be painful. We suggest you take your usual over the counter painkillers, these should be sufficient but contact us if you have any concerns .
- **DRY SOCKET** – This is a condition that occurs in 2-5% of people after a tooth extraction. The socket refers to the hole in the bone where the tooth was removed from. This can sometimes become infected resulting in severe pain and can last 5 or 6 days. This can be controlled by pain relief, but may require the need for anti-biotics.
- **BLEEDING** – You may experience bleeding from the mouth even though you have had stitches. Do not be alarmed by this. If the ooze becomes uncomfortable, place a wet tea bag or rolled cotton handkerchief directly over the wound and bite firmly for about 20 minutes. You may need to repeat this. If you find that you cannot stop the bleeding, please contact us. You may also experience bleeding from the nose.
- **NUMBNESS** – After some operations, you may experience numbness in your tongue or lip. This is normally only temporary, however should it last for a longer period, please contact us.
- **BONE FRAGMENTS** - After an extraction, part of the healing process may involve a small bone fragment becoming loose around the socket. Do not be alarmed, this can be expected, and they will eventually detach themselves from the gum.
- **ROOT TIPS** - The surgeon will sometimes decide to leave a small root tip in the jaw. This is to avoid the need for more complicated surgery and the risks that would involve.
- **NAUSEA** – Sometimes patients feel sick. We advise perhaps bringing a bowl and towel just in case.
- **STITCHES** – Your stitches are made of a dissolvable material. They will general be gone in a week or two.
- **SWELLING - BRUISING – STIFFNESS – DISCOMFORT** – Don't worry, all these are perfectly normal symptoms post treatment.
- **CHILDREN** – Small children can sometimes bite their lips, cheeks and tongue due to local anaesthetic having been given. Please be observant of your child chewing these areas for at least 3 hours after treatment.

**If you have any worries or concerns, please call us on Tel: 01342 322228**

## **OPENING HOURS**

Monday to Friday 8.30am to 5.00pm (Last Appointment for Sedation 4.00pm)  
One Saturday a month 8.30am to 2.00pm

If you have a dental emergency for work which we have carried out at the clinic and is outside our opening hours, please call 01342 410160. Please leave a message and one of our dental team will call you back.

## **COMPLAINTS PROCEDURE**

We aim to make your experience at the practice as pleasurable as possible. However, should you have any complaints or comments, please contact Becky White (Practice Manager) on 01342 322228 or [stfaith@btconnect.com](mailto:stfaith@btconnect.com) who will be able to deal with your complaint and talk you through our procedure. Alternatively you can pick up a copy of the procedure from reception or we can post it to you.

The Practice is registered with the Care Quality Commission -  
St Faiths Clinic Limited. 1-2084587453

## **PATIENT CONFIDENTIALITY**

We take patient confidentiality extremely seriously and all personal information is treated in the strictest confidence. Only members of staff have access to patient information. All our patient records are securely stored at our practice to ensure that any patient information is only accessed as part of your treatment. No information will ever be released to a third party without your express permission or required by law. We have a strict confidentiality policy. To see a copy of this policy or if you would like further information regarding your rights to view your patient records please contact the Practice Manager.

## **METHODS OF PAYMENT AND NHS CHARGES**

If you have been referred as an NHS patient, the National Health Service regulations require a patient receiving dental treatment to pay according to a banded system related to your dental treatment. Children under the age of 18 and some adults claiming certain benefits are exempt. Details of the costs or exemptions will be given in the appointment letter that will be sent you, or at your pre-assessment appointment.

We accept the following methods of payment at the practice: Cash and all major credit and debit cards.( we do not accept cheques or American Express)

We endeavour to see all patients and our practice has been designed so patients with disabilities can access care.

If you do have a disability that you think we need to know about please give us a call before your appointment and we will do our best to put suitable arrangements in place to accommodate your needs.

**PATIENTS WHO ARE VIOLENT OR ABUSIVE TO PRACTICE PERSONNEL, TO OTHER PATIENTS OR ANYONE ELSE ON THE PRACTICE PREMISES WILL BE REFUSED TREATMENT AND REPORTED TO THE APPROPRIATE AUTHORITIES.**

**YOUR APPOINTMENT AT THE ST FAITH DENTAL ANAESTHETIC CLINIC IS A DAY SURGERY FACILITY.**