

St+Faith

DENTAL CLINIC



2 Halsford Park Road
London Road
East Grinstead
West Sussex
RH19 1PN

Tel & Fax: 01342 322228

Referrals website: www.stfref.com

Email: info@stfaithdental.com

www.stfaithdental.com

We are a specialised sedation unit where the majority of the intravenous sedations are provided by anaesthetically trained doctors. This allows us to provide ‘advanced sedation’ techniques in line with the current Intercollegiate Advisory Committee for Sedation in Dentistry and aligned Scottish Dental Clinical Effectiveness Programme guidelines. We have the required range of specialised Monitoring, Sedation and Resuscitation Equipment that is equivalent to that of a NHS acute trust hospital.

From Brighton

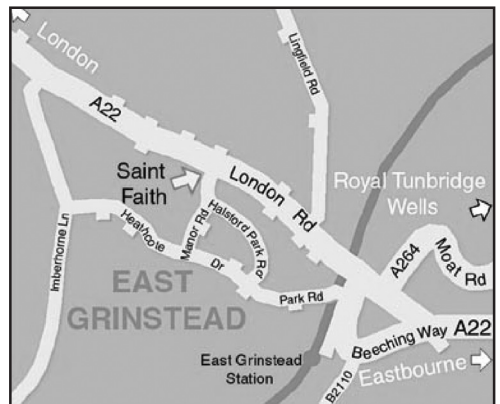
- Head north along the A23/M23.
- Leave the motorway at Crawley junction (A264) and follow the signposts to East Grinstead.
- At traffic lights turn right onto the A22, follow road past Felbridge Hotel, straight on at traffic lights and past the Texaco Garage on the left.
- Go straight through pedestrian 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).
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WHY DO I HAVE BROKEN TEETH OR NEED FILLINGS!

A **healthy diet, clean teeth and Fluoride** containing toothpaste (so any usual brand) will prevent the need for dental treatment in most circumstances.

- **Fizzy drinks**

The ‘fizz’ is very acidic and can dissolve tooth. **‘Energy drinks’** are the worst, but even ‘diet’ drinks can be very damaging. (**Colas** usually contain additional acids.)

- **Sugars**

Anything sweet containing sugars whether added or natural (even fruit and fruit juices) can irreversibly damage teeth if taken **throughout the day**. Fruit is of course very good for you, but best kept to mealtimes. (Teeth can actually microscopically repair themselves in between)

- **Dry mouth**

Some medical conditions and medications can cause dry mouth which worsens decay. Special high Fluoride toothpaste can help for this and some other conditions. Speak to your dentist.

- **Stomach acid**

If you have a tendency towards reflux, this can erode teeth

If none of these common causes seem right, **Speak to your dentist** who may have further suggestions and advice.

CONSCIOUS SEDATION

Conscious sedation is helpful if you are particularly anxious about an aspect of dental treatment, have a bad gag reflex which prevents treatment, or need complex work such as impacted wisdom tooth removal. Other helpful methods of management of dental anxiety in the longer term are cognitive behaviour therapy, and hypnosis. In the UK general anaesthesia is not considered appropriate for dental treatment unless there are very exceptional circumstances.

Conscious sedation can be provided by:

- Breathing in gas through a nose piece (Inhalation)
- By injection into a vein in your hand or arm (Intravenous or 'I.V.')
- N.B. for NHS treatment, we are contracted to provide treatment for under 12s under Inhalation Sedation only. The team can discuss the best method to use for you and your treatment. If you are particularly anxious intravenous sedation is often the best approach. Further information about the various types of sedation is available on our website www.stfaithdental.com or in person at the practice during pre-assessment if more suitable.

It is important to be aware that whilst most people have no recollection of the treatment carried out, no sedation technique in use for dentistry in the UK will 'knock you out' completely; the object is to relax you and reduce your level of anxiety such that treatment can be carried out comfortably and safely. The 'amnesia' (forgetfulness) is a very welcome side-effect of the sedative drugs used but this is not always complete and is in no way relied upon. A number of factors can affect the degree of sedation and tendency towards amnesia. Unfortunately habitual use of certain drugs such as Valium and some recreational drugs such as Marijuana have a profound effect on the level of sedation that can be safely achieved. If you have any concerns do speak to the sedationist about this.

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 treatment so they can look after you when you go home. It is important that they also read this booklet so they are aware of what to expect. You may be drowsy for up to 24 hours afterwards. We will run through any particular points with your escort before you leave.

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.

Martin Witzman DDS (Iran) 1999 (Sweden)

Gerry Van Deventer BChD MSc (Oral Surg.) MSc (Implantol)

Susanne Simons DDS (Sweden)

Jessica Morris BDS (Birm)

Saroj Prajapati BDS MFDS RCS M Clin Dent Paediatric Dentistry

Richard Umasuthan MBBS BDS MSC (Implantol)

Let us know any preference prior to appointment.

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

PRE-ASSESSMENT

A preassessment appointment is recommended and gives us the opportunity to discuss treatment ahead of time. If you wish to attend please contact the practice on 01342 322228. (There are occasions where we have to insist upon this, but realise that distance and other commitments otherwise make this difficult). You will alternatively receive a treatment appointment by phone/post. We will then call you to confirm your appointment and go through the preassessment protocols at this point. There are however no absolute guarantees that treatment can be carried out on your first visit; clinical examination may result in a proposed change in treatment plan or decision to refer onwards to a Hospital environment.

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

If you are referred under NHS, there is at present a long waiting list. Where possible, we do strongly suggest patients at least attempt any fillings with their own dentist as unfortunately delays can sometimes lead to those teeth being lost; the success and longevity of fillings carried out under sedation is not always as favourable as those carried out without.

When you are nearing the top of the waiting list we will send you an appointment by post or contact you by phone. We will call you to confirm your appointment one working day before your treatment is due. This is the responsibility of 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 ask you to confirm your medical history and any medication you are taking.

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.

If you are an NHS patient you can check the referral details including your medical history online at: <https://patients.ref.management/login>. It is very important you advise us of any changes in your medical history and bring any medication 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 may be weighed, and in the case of children a local anaesthetic or “Magic Cream” may 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 **TWO, FOUR OR SIX HOURS** PRIOR TO YOUR APPOINTMENT TIME. (This is dependant on the technique used, and you will be advised of this 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

(Intravenous Sedation)

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 dentist will administer the sedation/injection in the hand or arm. Once the patient is relaxed enough for treatment to commence, parents / legal guardians / accompanying adults will be asked to leave the surgery.

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 with 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. At that point most people prefer to continue their recovery in a more familiar environment, but on request patient and escort are welcome to remain in our secondary recovery area for longer if they wish.

IN THE TREATMENT ROOM

(Inhalational Sedation)

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 dentist will administer the sedation via a mask. Once the patient is relaxed enough for treatment to commence, parents / legal guardians / accompanying adults will be asked to leave the surgery. A local anaesthetic will ensure that there is no pain. Once the treatment is complete, parents / legal guardians / accompanying adults will be called back into the surgery.

WISDOM TEETH

Stitches, Swelling and discomfort for up to ten days is unfortunately unavoidable in some circumstances (occasionally longer). Lower wisdom teeth also have two nerves that can run close by. One controls sensation to the lip, chin, gums and adjacent teeth. The other controls sensation and sense of taste to that side of the tongue floor of mouth and adjacent gum. These can be unavoidably disrupted when the tooth is removed. This can lead to a temporary change in sensation within these areas. In rare circumstances this can also lead to a permanent change in sensation, tingling or (very rarely) pain. This risk varies according to the anatomy and position of the tooth, but may be relevant to you. Alternatives may be to remove the opposing tooth to reduce any food impaction - or remove just the crown (top) of the wisdom tooth. Your dentist will discuss what may be appropriate, but if you have any particular concerns about this particularly relating to occupation or pastime, do let them know.

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 bike.
- Following intravenous sedation, children should not attend school & adults should not attend work. If a child has had inhalational sedation and is well, they may attend school the following day.
- 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 inflamed resulting in severe pain and can last 7 to 10 days. This can be controlled by pain relief, but may require additional treatment.
- **SINUS** – Upper molar teeth are sometimes very close to the Antrum (air sinus). Rarely this can lead to leakage of air and fluids between the mouth and the nose following tooth removal. This most usually heals spontaneously but it is important that you let us know.
- **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.
- **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 generally 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 the practice and you will be directed to our emergency line.

We have disabled access.

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 info@stfaithdental.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 email or 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.
THE PRACTICE PROVIDES TRAINING IN ASPECTS OF SEDATION, ORAL SURGERY & IMPLANTOLOGY.**



St Faiths Specialists

GDC Registered Specialists providing:

Implants Oral Surgery Orthodontics Periodontics Endodontics Paedodontics

Services available with or without conscious sedation.

Private Referral For

- | | | |
|---|---------------------------------------|-------------------|
| <input type="checkbox"/> Management of Peri-implantitis | <input type="checkbox"/> CBCT | Implant Placement |
| <input type="checkbox"/> Implant and Restoration | <input type="checkbox"/> Orthodontics | Oral Surgery |
| <input type="checkbox"/> Periodontics | <input type="checkbox"/> Endodontics | Paedodontics |

Referring Practitioner

Name

Address

Telephone Email

Patient Details

Name DoB

Address

Telephone Email

Reason for referral (or Area of CBCT scan+ justification)

.....
.....
.....

Relevant Medical History

.....
.....

I have provided all relevant radiographs

Signature Date

Following initial assessment we will send you a copy of the treatment plan. For any other and any continuation of dental care we will ensure patients return to you with the exception of further reviews specific to treatment provided. No referred patient will be accepted at our practice for routine dental care.

N.B. FOR ORAL SURGERY AND GENERAL DENTISTRY SEDATION REFERRALS.

WE'D BE GRATEFUL IF YOU COULD KINDLY COMPLETE THE

SEDATION REFERRAL FORM AT: WWW.STFREF.COM



St Faith Clinic, 2 Halsford Park Road, East Grinstead, West Sussex RH19 1PN

Tel: 01342 410 160 Mobile: 07966 499614 www.stfaithdental.com Email: info@stfaithdental.com



St Faiths Specialists



Jenny Lai, BDS MFDS RCS (eng) MClinDent (endo) MRD RCS (eng) Endodontist GDC No. 74402

Jenny qualified as a dentist from Newcastle-upon-Tyne in 1998 and joined the highly regarded endodontic specialist training programme at the Eastman Dental Institute in 2007. She was accredited as a specialist in Endodontics in 2011 and has since been practising solely in this area of dentistry, typically managing complex or challenging problems. She is a part time clinical teacher at UCL and is actively involved in the mentoring of Master's postgraduates and Specialist Trainees at the Eastman Dental Institute, helping clinicians solve problems with their existing patients.

Fees from £950.00



Alex Shokry, DMD DCLinDent (Queen Mary, LDN), MPerio (RCSEd) Specialist Periodontal Training completed at the Royal London Dental Hospital GDC No. 245622

Alex holds a Doctorate Clinical degree in Periodontic Dentistry from the University of Queen Mary, London. He was awarded the Royal College of Surgeons of Edinburgh's membership in this speciality. Alex enjoys every facet of his craft from the non-surgical management pathway to the regenerative, periodontal plastic surgery and management of inflammation around implant domains. He relishes in lecturing, sharing experiences and periodontal knowledge with his fellow colleagues.

Fees from £900.00



Dr Saroj Prajapati, BDS, MFDS RCS, Ed. MClinDent (Paeds) Paediatric Dentist GDC No. 206163on Dental Hospital GDC No. 245622

Saroj holds a Masters in Paediatric Dentistry (MClinDent) from University of Sheffield and was awarded Royal College of Surgeons of Edinburgh's membership (MFDS RCS Ed). She has worked as a Speciality Paediatric Dentist at the world-famous Great Ormond Street Hospital and subsequently as a Community Dental Officer and as a Paediatric dentist in practice providing treatment under local anaesthetic and sedation. She has great empathy with children of all ages. She has 10 years of experience of helping transform anxious youngsters to self-confident adolescents and is able to provide a full range of paediatric care including root treatment and crowns on deciduous teeth.

Fees from £250.00



Alex Cash, BDS FDS RCS M.Orth RCS FDS Orth Consultant Orthodontist GDC No. 69849

Alex is one of the foremost orthodontists in the South East. He is Consultant at Guy's Hospital and Queen Victoria Hospital and Head of Service for the South Thames Cleft Lip and Palate Service. He is well practiced in the use of aesthetic and invisible orthodontic appliances to enhance smiles and improve dental function. He has lived in the local area for over ten years and he enjoys spending time with his wife and two boys. When not on the tennis court or football touchline he loves exploring the Sussex Countryside.

Fees from £3600.00. Fixed ortho.



Richard Simons, BDS FDS RCS Oral Surgeon GDC No. 69744

Richard is Clinical Director of St Faiths Specialists. He has been 'resident' Oral Surgeon at St Faiths for over ten years. He has a special interest in Dental Implantology stretching back over two decades. He trained at the world famous Branemark institute in Gothenburg Sweden, and was the first in the country to provide the revolutionary Branemark Novum Same day Teeth.

He lives locally and is married with two children. When not at work he can often be seen pottering around in one of his bubble cars, which he restored himself, or his green goddess fire engine.

Fees from £190.00 extraction, £2450.00 restored Astra Implant.



Vatech Pax-i3D Green CBCT provides multi FOV ranges from 5x5cm up to 16x10. This allows superb flexibility in diagnostic ranges allowing exposure that is amongst the lowest on the market. Scans can be e-mailed or burnt to CD, and include easy use intuitive Ez3Di analysis and implant planning software. In the current medico legal climate CBCT is becoming a 'must' for many implant and endodontic cases, and we make this vital tool both available and affordable for you. **Fees from £99.00.**