

IV Sedation Information for Patients on GLP-1/ -glutide Medications

Before Surgery Pre-operative instructions

- Do not skip any dose of your GLP-1 medication
- For **24 hours before your sedation only consume a clear fluid diet**. You must not consume any solid food. You can drink tea, coffee (no milk or cream), water, clear juices (no pulp) and chicken stock soup (no solids including pasta).
- **Do not drink anything (including water) from midnight before your surgery**. This precaution is necessary to avoid the risk of vomiting during or after surgery.
- Do not take any medications the morning of surgery without permission from Mr. Moore.
- **You are not permitted to travel alone after sedation**. You are not allowed to drive a vehicle during the initial 24 hours following your surgery. A responsible adult will need to take you home. You may use a taxi or car service, but you must still have a responsible adult to accompany you.
- **Please arrange for a responsible adult to stay with you for the 24 hours following surgery**.
- **No smoking, vaping, or alcohol at least 12 hours before surgery**. Ideally, cut down or stop smoking as soon as possible prior to the day of surgery.
- Please wear comfortable, warm loose-fitting clothes with loose sleeves and wear low-heeled shoes.
- Please do not wear lipstick, excessive makeup, or nail polish on the day of surgery.
- If you have an illness such as a cold, sore throat, stomach, or bowel upset, please notify the office.
- If any of your medical information has changed since your consultation with Mr Moore, please notify the office immediately.
- Please make sure you have had your prescription filled at a pharmacy prior to surgery, if you cannot find your prescription please let Mr Moore's practice manager know (reception@specialistoms.com).

On The Day Of Your Surgery

Admitting Procedure

Your surgery will be done in our rooms at Leinster Chambers. On the day of your surgery please arrive approximately 10 minutes early, as this gives our staff plenty of time to admit you and prepare you for surgery. Once the surgical staff are ready, you will be collected from reception by Mr Moore and taken to the surgical room.

Going to the operating room

Mr Moore will ask you a series of questions. These questions have been designed to ensure your safety. We will check your details, any allergies you may have and any medications you may be taking. The nurse will also attach some monitoring equipment to record your vital signs. This will include a blood pressure cuff of your arm and oxygen saturation monitor on your finger. Please ensure any nail polish is removed prior to attending for your appointment and that you wear a T shirt under any jumped on the day of surgery. Once the nurse has prepared you for surgery, the surgeon will then take over the responsibility of your care.

Valuables

It is preferable that you do not bring any valuables with you. You may wish to leave any valuables with your support person.

Car parking

Ample parking is available at the St George's car park building. It is preferable that your support person park the car as close to Leinster Chambers as possible when they collect you, as you may be slightly unsteady on your feet and you cannot walk a long distance back to the car. The open parking spaces between Leinster Chambers and the car park building is the best place to park the car when picking you up after surgery.

Visitor support facilities

Your support person can choose to stay or if they prefer to come back at an arranged time to collect you after surgery, we will get their contact number should they choose to come back.

Smoking

We are a non-smoking facility.

Toilets

There are toilets next door to our office in the Leinster Chambers.

Emergency

All staff members are certified in basic life support. In the event of an emergency, please follow the direction of our staff; they know what to do to ensure everyone's safety.

Discharge

At the time of discharge, our nurses will go over all your medications and postoperative instructions. This will be discussed in front of your support person as the nature of the medications given during surgery may result you forgetting them. At the time of discharge we will check that you are comfortable, have ceased bleeding, your valuables returned, prescription has been explained and that your lure has been removed.

Accounts

Payment is required 7 days prior to treatment. We accept Cash, EFTPOS, Visa/MasterCard or direct debit.

If paying by direct debit, our details are:

Account name: Moore Medical Limited

Account number: 12-3285-0004227-00

Please use the patient's first initial and surname as the reference.

If you have medical insurance a copy of your prior approval must be forward to Mr Moore's practice manager at reception@specialistoms.com prior to surgery. If prior approval is not received you will need to pay for your surgery and seek reimbursement from your insurance company.

After Surgery Post-Operative Instructions

General Instructions

Resting and taking care of yourself are the foundations of post-operative recovery. After having teeth removed it is normal for your lip/s, chin and/or tongue to be numb. This will last for a couple of hours after your operation, until the local anaesthetic wears off. Do not consume any hot liquids or chewy foods in the immediate post-operative period, as you may injure your tongue or lip inadvertently. For most patients, 1 week off from work and/or study is required to recover. Do not exercise or participate in strenuous activities for 7 days. Do not smoke, vape or consume alcohol during the recovery period.

Dissolvable stitches will be present for most patients. The stitches assist healing but are not absolutely required. For most people they will fall out in 7-10 days. If they fall out prematurely, do not worry.

In some instances, surgery to the upper jaw may result in complications involving the maxillary air sinus. This can be minimized by avoiding air pressure changes in the sinus. If instructed, please do not drink through a straw, hold in a sneeze or blow your nose for 7 days.

IV Sedation

If you have had IV Sedation with your surgical procedure, your judgement will be impaired and you may feel tired or forgetful for 24 hours thereafter. You must have a responsible adult escort you home and care for you for 24 hours. Do not drink alcohol, do not drive a vehicle and do not make any important business, financial or personal decisions for 24 hours after surgery.

Possible Complications

Bleeding - Common

It is common to have some oozing in the immediate post-operative period and for some days later. It tends to be a small amount of ooze mixed with a significant amount of saliva, which can be alarming when waking up in the morning. Simple pressure should be applied to the area. Place gauze over the surgical site and apply pressure with your bite for approximately 1 hour after your procedure or if the sockets begin to ooze. Avoid spitting out blood and maintain good oral hygiene practices to expedite healing. Ideally, sleep with your head raised on the first night after surgery.

Discomfort - Common

Discomfort is normal after removal of teeth and can be minimised and/or eliminated by taking pain relief early and regularly. Simple analgesia, such as Paracetamol and Ibuprofen, have significant effects in reducing discomfort. If your surgery was complex, Mr. Moore will provide a prescription for additional pain relief to ensure you remain comfortable.

Swelling - Common

Swelling is a normal component of healing, with patients experiencing different degrees of swelling depending on the operation. Swelling will peak approximately 72 hours post-operatively, before beginning to improve. During this time, it is important to continue to take pain relief and/or antibiotics regularly and as prescribed by Mr. Moore. Some of these will have anti-inflammatory effects and help with swelling.

Infection - Uncommon

Infection is rare and can be minimised by maintaining oral hygiene and resting until fully recovered. You may also be prescribed a course of antibiotics and/or a Chlorhexidine Gluconate Mouthwash, which should be used as directed. Avoiding alcohol, smoking and exercise will assist your healing and reduce the incidence of complications.

Persistent Numbness - Very Uncommon

Some patients will experience persistent numbness for longer than 24 hours in their lip, chin and/or tongue. This is likely due to the proximity of the nerve/s to the surgical site, meaning some bruising is affecting the function of the nerve/s. This will likely recover in time, but please contact Mr. Moore to arrange further follow up.

Please contact Mr. Moore on 0272 258 350 if you experience:

- Difficulty swallowing, worsening trismus (reduced mouth opening), fever or voice changes.
- Persistent numbness of the lip, chin or tongue for greater than 48 hours post-operatively, unless already discussed with Mr. Moore.
- Oozing/bleeding which you are unable to stop with simple pressure.
- Pain not controlled by prescriptions provided.

Medication Instructions

Please ensure you take your script to a pharmacy prior to surgery so all the medications are ready at home prior to surgery. Please also ensure you have at least a 5-7 day stock of Paracetamol and a 3 day stock Ibuprofen to use as your baseline pain-relief post-surgery, this will not be on your script as it is cheaper to purchase these 'over-the-counter'.

Paracetamol

Take this regularly for the first 5-7 days after surgery as per the instructions on the packet then as needed thereafter. Usually 1gram (2 tablets) four times per day. Maximum 4g per 24hrs.

Ibuprofen

Take this regularly for the first 3 days after surgery as per the instructions on the packet then as needed thereafter. Taking Ibuprofen on an empty stomach may cause nausea. Cease the Ibuprofen if you experience nausea and contact us on 03 662 9997 if this persists.

Antibiotics

Take this as per the instructions on the packet until the full course is completed.

Mouthwash

Use this after each meal. Do a gentle rinse for the first few days after surgery then make this more vigorous as the surgical sites heal.

The mouth rinses may need to be continued for an extended period after surgery as food can still get trapped in the socket/s for 1-3 months after surgery. When you run out of the mouthwash, you can switch to your usual mouthwash or warm salty water.

Codeine

If you are still in pain after allowing the Paracetamol and Ibuprofen to take effect, you can take some Codeine in addition to the Paracetamol and Ibuprofen, as per the instructions on the packet.

Tramadol

If you are still in pain after allowing the Paracetamol, Ibuprofen, and Codeine to take effect, you can take some Tramadol in addition to the Paracetamol, Ibuprofen, and Codeine as per the instructions on the packet.