

Dental treatment under general anaesthesia

Information for patients

Your name has been placed on the waiting list for dental treatment under general anaesthesia.

What is general anaesthesia?

Having a general anaesthetic (GA) will mean you will be unconscious throughout your dental treatment. Your GA will be administered by an experienced anaesthetist. You may be offered premedication in the form of a flavoured drink which will make you sleepy. To go to sleep you may have a small injection in the back of your hand or breathe the anaesthetic gases through a mask.

Where will I be treated?

You will be admitted to the Day Surgery Centre in St John's Hospital, Livingston. Your treatment will be carried out in a nearby operating theatre.

The Day Surgery Centre is on the ground floor of the hospital. From the main entrance, go straight past the shop and café to the end of the corridor and turn left. The entrance is the first door on the right.

What is pre-operative assessment?

You may be asked to go for a pre-operative assessment appointment a few weeks before your GA. This appointment will also be in the Day Surgery Centre, where you will meet a specially trained nurse. They will ask you some questions about your health and may carry out some simple tests. You will also have the opportunity to ask any questions you may have about the GA.

What dental treatment will I have?

Your Special Care dentist will discuss your dental treatment with you prior to putting you on the waiting list. The treatment plan will be confirmed again closer to the date of your GA, and also on the day of your GA, by the dentist who will provide your care.

How long will my treatment take?

You should allow the whole day. You will be asked to arrive at St John's at 8.00am when you will meet with the nursing staff, dentist and anaesthetist who will be caring for you. Your treatment may take several hours. In most cases you will be ready to return home by late afternoon.

Should I bring someone with me?

Yes, you must arrange for a responsible adult to bring you to and collect you from the Day Surgery Centre. You must also ensure that a responsible adult can stay with you at home for the remainder of the day and overnight.

Should I take my usual medication?

Yes, if you take regular medications, take these as normal with a sip of water unless instructed otherwise. If you are diabetic and take insulin or tablets, or take blood thinning medication, you will be given specific advice about these medications prior to attending hospital. Please bring all your daily medication, in their original containers, with you on the day of your GA.

Do I need to fast before my general anaesthetic?

Yes. **You MUST have nothing to eat from midnight on the night before your admission.** You are encouraged to drink up to two cups of clear fluids before 7am. Clear fluids include water, black tea or coffee or diluting juice. Do not drink milky or fizzy drinks, chew chewing gum or suck sweets.

What should I wear?

You should wear comfortable, loose clothing. You should not wear makeup, nail varnish, body piercings or jewellery (except a wedding ring).

Do I need to arrange transport?

Yes. You will be asked to make your own travel arrangements by car or taxi. Under no circumstances should you drive or use public transport after a general anaesthetic.

How will I be informed of my admission date?

You will receive your appointment letter by post.

What will happen after my general anaesthetic?

You will return to the Day Surgery Centre where you will stay until you are fully recovered. One of the dentists will visit you to give you instructions on how to look after your mouth. The nursing staff will issue any medicines prescribed by the dentist and anaesthetist for you to take home.

Contact information

Waiting List Coordinator: Tel: 01506 418532

Clinical Lead for Adult Special Care General Anaesthesia: Tel: 01506 523581

It's OK to Ask

When you understand what's going on with your health, you can make better decisions around your care and treatment.



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