

ADVICE TO PREPARE YOU FOR YOUR DENTAL EXTRACTION APPOINTMENT

Please read carefully. Proper preparation helps ensure safe treatment and promotes good healing.

Eating/Drinking: The treatment is performed under local anaesthetic, **you should therefore eat and drink before your appointment.** This helps maintain your energy and reduces the risk of feeling faint. Please avoid smoking and drinking alcohol for **at least 24 hours before your appointment**, as these can increase risk of bleeding and delay healing.

Medications: A full list of your current medications must be provided when completing your medical history. Ideally do this online to save time on the day of the appointment. Continue taking your normal medications unless your dentist/doctor has advised you to stop. Please inform us in advance if you take blood thinners (e.g. warfarin, apixaban, rivaroxaban, edoxaban) as we may have to adjust your treatment accordingly.

Illness and cancellations: If you feel unwell (fever, cold, flu or infection) before your appointment, please contact the practice for advice. We require 48 hours' notice (excluding weekends) for the rescheduling of an appointment. Late cancellations or missed appointments may result in discharge back to your dentist, requiring a new referral thus recommencing the triaging process.

Oral Hygiene: Brush and floss your teeth thoroughly prior to your appointment, being extra gentle around the tooth being removed.

Mobility, Comfort and Clothing: If you have any issues going up/down a flight of stairs please let us know when booking your appointment so we can accommodate you to be seen on the ground floor. Wear comfortable (preferably dark coloured) clothing and avoid tight collars. You can bring additional neck support for your own comfort if you wish. If possible, avoid wearing any jewellery or piercings around your head and/or neck area, as these would need to be removed if any x-ray(s) need to be taken.

Pain relief: Please have **your own pain relief** (e.g. ibuprofen or paracetamol, unless contraindicated) **as we are unable to provide these on the day.** Avoid aspirin unless prescribed for other conditions - if it is one of your prescribed regular medications, please continue uninterrupted.

Attendance: Please arrive 10 minutes before your appointment to complete any necessary documentation. If you arrive more than 10 minutes after your appointment time you may not be seen, as it makes it very difficult to complete the planned treatment.

Please keep in mind **space in our waiting room is very limited** and any friend/relative with you may not be permitted in the surgery during treatment, unless you are under the age of 16 or a carer/interpreter is required.

Appointment Structure: Appointments are usually 15/20/30/45 minutes depending on the complexity of your case or the number of teeth planned for extraction. We aim to see you on



time, however if there is some delay at our end we do appreciate your patience. Please avoid booking other commitments immediately after your appointment.

Parking: Our **small** car park (space for 3 cars) is located on The Grove (behind 1E Hazelwood Lane). Alternatively, use available street parking or the Pay and Display on Lodge Drive. Please **DO NOT** park in front of any other resident's driveway.

Please leave adequate time before your appointment to find parking, in case our car park is full.

Our Role And Fees: we undertake the extraction(s) **ONLY**. Once discharged by us you must return to your referring dentist for any further steps. No NHS fees are collected here; these are managed by your referring dentist. Private referral fees, however, are collected by us via an initial booking deposit and with the outstanding taken on the day of your appointment. Failure to attend without prior notice may result in loss of deposit.

If you have any concerns about the above, please contact us on 0208 882 3180

Medical conditions that require our attention at the time of booking:

The conditions listed below are not exhaustive - please let us know when booking about these and any other medical conditions that may affect your treatment. We can then plan appropriately and avoid cancellations.

- Use of Bisphosphonates for Osteoporosis / Paget's Disease / Cancer
- Use of Blood Thinners e.g. Warfarin / Clopidogrel / Rivaroxaban / Edoxaban / Heparin / Dabigatran / Aspirin
- Mobility Issues that prevent you from climbing stairs or transferring into a dental chair
- High BMI (over 120kg may require hospital refer as our dental chairs are not suitable)
- Any heart conditions that may require Antibiotic Cover prior to dental surgery i.e. previous history of Endocarditis / Prosthetic Heart Valves / Congenital Heart Disease which is unrepaired / has residual defects or repaired with prosthetic materials.
- If you have had a stroke in the last 6 months, do let us know so we can time your treatment for when it is safe
- If you are pregnant, please let us know so we can ensure we can adjust your management to minimise any risks
- If you are taking any immunosuppressants such as Steroids (e.g. Prednisolone) / Calcineurin Inhibitors (e.g. Tacrolimus) / Antiproliferative Agents (e.g. Azathioprine) / Biologics (e.g. Adalimumab, Etanercept) do let us know. It may be beneficial to liaise with your medical team to see if any adjustments need to be made to your regimen to reduce the risk of infection and promote better healing.

