

# L I A M M O O R E

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ORAL AND MAXILLOFACIAL SURGEON

ADDRESS	Milford Chambers, St George's Medical Center 249 Papanui Rd, Christchurch 8014
WEB	specialistoms.com
EMAIL	reception@specialistoms.com
PHONE	03-355-1540
FAX	03-355-1541

## IV Sedation Information

### Before Surgery

#### Pre-operative instructions

1. Do not eat for 6 hours prior to your surgery, this includes milk and juices. Do not drink **any liquid** for 3 hours prior to your surgery. This precaution is necessary to avoid the risk of vomiting during or after surgery. You should, however, take all usual medications with a small amount of water.
  2. You are not allowed to drive a vehicle during the initial 24 hours following your surgery. This means a responsible person will need to take you home. It is fine to use a taxi, but you must still have a responsible person to accompany you. Travelling alone after sedation is not appropriate.
  3. Please arrange for a responsible adult to stay with you for the 24 hours following surgery.
  4. No smoking at least 12 hours before surgery. Ideally, cut down or stop smoking as soon as possible prior to the day of surgery.
  5. Please wear comfortable, warm loose-fitting clothes with loose sleeves and wear low-heeled shoes.
  6. Please do not wear lipstick, excessive makeup, or nail polish on the day of surgery.
  7. If you wish, you may bring music on your phone to be played (Via Bluetooth) as background music during your surgery.
  8. Please do not take herbal medication for bruising and swelling, such as arnica, for 2 weeks prior to your surgery, as it could cause excessive bleeding during your surgery.
  9. If you have an illness such as a cold, sore throat, stomach, or bowel upset, please notify the office.
  10. 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 (receptions@specialistoms.com).
  11. You may be required to take medication prior to surgery. If you are unsure, please contact Mr Moore's reception.
  12. If you take routine oral medications, please check with Mr Moore prior to your surgery for instructions.
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## On The Day Of Your Surgery

### Admitting Procedure

Your surgery will be done in our rooms at Milford Chambers.

On the day of your surgery please arrive approx. 10 min 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 theatre.

### 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 Milford Chambers as possible when he / she collects 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 Milford 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 in the main foyer in Milford 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 at time of treatment. We accept Cash, EFTPOS, Visa/MasterCard.

**If you have medical insurance a copy of your prior approval must be forward to Mr Moore's practice manager at [reception@specialistoms.com](mailto:reception@specialistoms.com) prior to surgery, if no prior approval is received you will need to pay for your surgery and seek reimbursement from your insurance company.**

Please ask the receptionist for bank account details, should you wish to pay via Internet banking prior to your surgery.

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## After Surgery

### Post-operative instructions

1. Avoid **hot food and drinks** for 24 hours after surgery as it may cause bleeding.
2. You will need to have a soft diet for the first few days following surgery.
3. **Mouth rinsing** during the first 24 hours after surgery should be avoided. This may dislodge the blood clot and initiate bleeding, after 24 hours you can start using the mouthwash you have been prescribed or salt water, after eating, have a gentle swish around then let the mouthwash "fall" out of your mouth, do not spit it out.
4. The **gauze pad** placed over the surgical area should be left in place for half an hour. After this time, the gauze pad should be removed and discarded.
5. Place **ice packs** to the sides of your face where surgery was performed once you have the feeling back in your face (do not do this before as you cannot feel if it is too cold).
6. Take the prescribed **pain medications** as soon as you get home or begin to feel discomfort. This will usually coincide with the local anaesthetic wearing off. It is good practice to stay on top of pain by taking your painkillers regularly (i.e. 6-hourly) for the first 2-3 days. We prefer to prevent pain rather than treat pain.
7. If you have been placed on **antibiotics**, start taking these as soon as you have had something to eat after your surgery. Do not take antibiotics on an empty tummy. Further information is available on the website regarding your medications.
8. **Do not drive a vehicle.** Doing so could lead to charges of driving under the influence of drugs. This means a responsible person will need to take you home. It is fine to use a taxi, but you must still have a responsible person to accompany you. Travelling alone after sedation is not appropriate.
9. After arriving home, sit down and **keep your head elevated** for the first 6 hours after surgery. Avoid lying down flat as this may cause bleeding and an increase in swelling.
10. In some cases, it is advisable **not to blow your nose for 2 weeks** after surgery (Mr Moore will discuss this with you if applicable in your case).

### The first 24 hours after surgery

1. Do not drink any **alcohol**, as this will cause bleeding and may adversely interact with the medication you are taking.
  2. Do not make **important decisions**, such as sign important documents.
  3. **Do not operate machinery or drive a vehicle.**
  4. You may be **sleepy and forgetful** for some hours and may experience periods when you feel "normal" and others when you feel tired. This is a common reaction and may last for 24 hours after surgery.
  5. Do not **smoke or vape** for as long as possible following surgery, as it slows down wound healing and makes you more susceptible to infection.
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