



Sennik Ltd T/A
CHIGWELL DENTAL
Surgery & Anaesthetic Clinic
723 Chigwell Rd, Woodford Bridge, Essex, IG8 8AS
Tel 020 8504 8636
Info@chigwelldp.com

Post sedation Instructions & Chaperone Information.

Local Anaesthetic will take 2 to 4 hours to wear off

Intravenous Sedation will take 24 hours to wear off

Once the bleeding has stopped please give the patient cold sweet drink i.e.: fruit juice. DO NOT DRINK ANY HOT DRINKS TILL THE NUMBNESS WEARS AWAY.

After bleeding has stopped /filling has hardened, please have lukewarm soft food. DO NOT HAVE ANY HOT FOOD TILL THE NUMBNESS WEARS AWAY.

For the first 6 hours maintain close contact with the patient (check responsiveness), healthy skin colour, bleeding etc. Occasionally it may be necessary for someone to stay with the patient overnight.

Patients should take their usual prescribed medicines unless directed otherwise by their doctor or dentist.

Please Note: For 24 hours after the treatment patients are **NOT** allowed to:

- Drive, Operate machinery, consume alcohol, take any sleeping tablets, care for children or be left unsupervised.
- Patients should not make any irreversible decisions and go back to work for up to 24 hours following treatment.
- Care should be taken when using the internet for personal communication.

Advice after extractions.

Avoid cycling or excessive exercise for several hours. Ideally rest by sitting in a chair and use an extra pillow for the first night.

- 1) DO NOT smoke or drink anything alcoholic for 48 hours after.
- 2) Take any pain killing tablets as advised by our dentist. Follow any instructions regarding dosage carefully.
- 3) After 24 hours rinse your mouth gently with warm salt water solution (level tea spoon of salt to cup of water) and continue after meals and before bed for 7 days, or as advised by your dentist.
- 4) You may feel the sharp edge of a socket with your tongue and occasionally small fragments of bone may work their way out. This is normal.
- 5) Try not to disturb the socket with your tongue, by eating food on that side, or by vigorous rinsing. This will delay the healing process.



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- 6) If there is excessive bleeding please use the pack provided, use a soft clean linen/ gauze/ handkerchief, make a roll about 1 inch thick, place this across the bleeding socket from tongue to cheek.
- 7) Bite firmly to compress pad for 15-20 mins. Avoid lying down.

Advice after having an Immediate Denture fitted.

1. You must leave your dentures in for the first 24 hours after they are inserted. This will control the bleeding, and it should cause a minimal amount of discomfort.
2. Should you experience swelling applying an ice pack to your jaw for 15 minutes off and on should slowly reduce the swelling.
3. After the first day, you can begin to remove the dentures four or five times a day and rinse your mouth with warm saltwater. Do this consistently for the first week, and then remove daily.
4. A denture adhesive may be necessary to help hold your dentures in place.
5. If you find that you have sore spots on your gums, contact your dentist so they can take care of it right away.
6. Your dentures are going to feel large and bulky until your gums heal and lightly shrink. The dentist will make you new dentures after your gums are healed, you may have to have them adjusted several times until they are a good fit.
7. Healing from extractions can take up to 18 months to heal completely.

Advice after having first stage of Root Canal Treatment.

1. Do not chew or attempt to eat on the side of your mouth that has been worked on while this area is still numb.
2. Eat a soft diet as you have a temporary filling/ crown. Avoid very hot or cold foods while the area is numb.
3. You may want to take something for pain-relief once the numbness has gone.
4. If you were given a prescription for pain, it is meant to help you with more serious discomfort only for a couple of days.
5. Avoid strenuous exercise for 24 hours.

If efforts are unsuccessful to contact the surgery on 0208 504 8636, or if we are closed please contact the out of hours service on 111