

## Intravenous Conscious Sedation

### Please read before your appointment

Conscious sedation is a form of anxiety control that allows nervous people to accept treatment, or allows longer treatments to be performed in a comfortable manner. It is the modern alternative to general anaesthesia and is both safer and more pleasant.

Below details the important points you must follow before and after treatment.

Conscious sedation will make you feel sleepy and relaxed, most patients can remember little or nothing of the procedure.

You will feel drowsy for 8 hours and you may sleep heavily following sedation. You may feel drowsy the following day.

Once sedated a local anaesthetic will be used. Your mouth will feel numb for several hours after treatment and you should take care not to burn or bite yourself during this time.

Following sedation you will be required to stay at the practice for a short time until the dental team is satisfied that you are safe to be accompanied home by a responsible adult.

### **Before your appointment**

- You MUST arrange for a responsible adult to accompany you home**
- Please wear loose fitting and comfortable clothing with short sleeves
- Remove contact lenses prior to treatment
- Remove all make-up
- Remove all nail varnish/gel polish/false nails
- Remove all jewellery
- Tie long hair back
- Continue to take routine medicines/tablets/pills (Do tell us about all medicines and tablets you are taking)
- Tell the dental surgeon if you have been to your doctor or attended hospital since your appointment was made
- Let us know if you are breastfeeding
- You should eat a 'light-bite', but please nothing heavy for two hours before your appointment** (Avoid heavy meals or fatty foods on the day of treatment)
- Do not drink any alcohol on the day of treatment
- Do not bring anyone with you except the responsible adult who will take you home

### **After your treatment**

- You will need a responsible adult to stay with you for 24 hours following sedation
- You will need to rest for the remainder of the day
- Eat light and easily digestible food during the day
- Take medicines/tablet/pills that have been prescribed for you
- Do NOT drive any vehicle, operate machinery, use cookers, irons, kettles, lawn mowers, chainsaws or make any business decisions on the same day as your treatment. Your reflexes and judgement will have been affected.**
- Do not drink any form of alcohol until at least the following day
- Do not fly before your two week suture removal appointment
- Do not swim for at least 2 weeks following surgery

If there is anything making you feel apprehensive about your treatment please ask.

## **Implant Treatment Notes**

**Please note, not all may be relevant to you.**

### **How many dental implants and where to site them?**

In advance of implant surgery, we use models, X-rays or scans of your mouth to meticulously plan the number and location of your dental implants and any necessary bone or soft-tissue (gum) augmentation.

The positioning of a single dental implant is largely determined by the position of your existing or missing tooth. If you require more than 1 implant, the shape of your jawbone will determine both the number and the exact location of the implants in your mouth.

### **Whether to carry out a bone graft**

Please understand that a dental implant requires adequate bone at the placement site. Careful planning allows us to gauge whether additional bone might be required. It is possible to carry out a bone augmentation either before or during placing the implant.

If you do not have enough of your own bone to support an implant, two options are available to you:

- a. The gold-standard in bone augmentation is your own bone. We can transfer the bone from elsewhere in your mouth to the position of the required implant. The implant will be placed once the bone has had time to 'knit', approximately 10-12 weeks. When bone is taken from the lower rear jaw, the nerve that supplies feeling to the lower teeth, lip and chin can be in close proximity, but assessed beforehand by 3D x-ray. This means that it may become compressed by normal tissue swelling or even bruised or damaged during the procedure. This will cause altered feeling or tingling (pins & needles) that is usually temporary but may be permanent.
- b. Small amounts of missing bone can be corrected by a granular bone substitute which acts as a scaffold for new bone formation. We have found 'Bio-Oss' or 'Nu-Oss' to be very successful. It is composed of the mineral portion of bovine bone (derived from cows), and has a structure similar to that of human bone. It is highly purified and sterilised and is shown by research to be very safe. (ISO 9001 / EN 46001). We use the materials for augmenting in the upper jaw above the teeth but beneath the sinus.

To allow undisturbed healing, Bio-Oss is occasionally covered with a membrane called Bio-Guide. This is highly purified collagen obtained from pigs. It dissolves slowly during the healing period.

### **Provisional Restorations**

To ensure that you are not without teeth during our treatment we use provisional bridges that are cemented on a temporary basis. This allows easy removal at each treatment phase. Occasionally they can work loose and require re-cementing. Alternatively a provisional denture can be used.

### **The success of dental implants - Benefits & risks of treatment**

Patients record an extremely high level of satisfaction with dental implant treatment. At Crossbank Dental Care we enjoy a success rate of almost 100%. On rare occasions an implant fails to integrate satisfactorily and it must be removed. We may be able to replace the implant at a later stage, at or near to the original site. In such cases every effort would be made to keep charges to a minimum for this subsequent treatment.

We plan our implant surgery with care and accuracy to keep to a minimum the risk of accidental damage to adjacent teeth, crowns or important anatomical structures. When working in the lower jaw, we work near nerves that supply the feeling to your lip, tongue and chin on that side. If these nerves become damaged or bruised during the surgery then alteration in the sensation of the areas supplied by the nerves can occur. This causes numbness or a 'pins and needles' sensation, which would normally resolve as any swelling dissipates and healing occurs. However there is a small possibility that it may be permanent.

The responsibility for successful implant treatment lies both with your dental surgeon and with you, our patient. You can promote the success and longevity of your dental implants through a healthy diet, avoiding smoking and maintaining excellent oral hygiene. We shall maintain our support throughout by advising you to attend for regular maintenance and hygiene appointments. The health of your dental implants will not be affected should any gum recession occur over the years. If you wish, we can help to improve the appearance of receding gums.

Implants and the crown, bridge or denture that they support are subject to wear and tear in the same way as your teeth. These components may require maintenance or replacement in time.

As long as your general and oral health is well maintained, and no excessive forces are exerted on your dental implants, they will function successfully for many years.

### **Oral hygiene**

During the course of the treatment we will recommend appointments with our hygienist. Detailed instruction will help you to take particular care your teeth and mouth. The cost for each recommended hygiene appointment will be at our current rates.

Specifically we might recommend hygiene appointments at one or more of the following stages:

1. After a provisional bridge has been constructed for you
2. In the weeks before implant placement to minimise the chances of infection in your mouth
3. At the stage of fitting any provisional 'teeth' to your dental implant to familiarise you with the new shape in your mouth
4. After the successful completion of your dental work to guide you in their best maintenance

Good hygiene care ensures that your mouth is in the best possible condition to receive implant treatment and helps to ensure that the treatment progresses satisfactorily.

### **Fees and payment**

The fees outlined in your treatment proposal are based on our current fees and apply if treatment is undertaken within 3 months of the consultation. We request that fees are paid in stages please, as shown in your treatment proposal.

Payments for the placement surgery, and/or the second stage surgery are due on or before the days of surgery. Payment for any associated crown, denture, or bridgework is due at the appointment when we take 'impressions' for this work.

Occasionally some treatment plans extend over one year and fees may need some revision to reflect changes in expenditure during that period. This is likely to apply to the work carried out by our dental laboratories. We shall inform you of any such amendments as soon as they come to light.

### **Important guidelines for maintenance**

It is essential that your dental implants are monitored and carefully maintained after the completion of your treatment. We shall invite you to visit us 2 times in the year following completion of your implants, then once yearly thereafter. These review appointments will be free of charge for the first 12 months and then charged at the normal rate for an examination. We recommend that you visit our hygienist twice yearly, charged at the normal rate, to maintain a high standard of oral hygiene around your dental implants. Our hygienists are skilled in maintaining the health of dental implants and will help you care for them in the best way. We cannot offer any form of guarantee unless you do this.

### **The use of photographs**

Clinical photographs form an integral part of our work and ensure more effective results for patients. They are stored as part of your confidential dental records. From time to time these photographs may be used as teaching tools in our practice, in dental lectures, or occasionally offered for publication in patient educational literature (these days = social media) and national dental journals.

Should this be the case and you are recognisable, your permission will be sought in advance.

### **Observation & Teaching**

Dental colleagues may attend Crossbank Dental Care to observe the treatment we provide. As dentists, this is how we learn and how I am able to provide the treatment you need. It is my privilege to be able to pass on knowledge in the same way that I was taught. With your permission other dentists may observe your treatment but will not participate. Should you not wish this to occur I will understand. Please inform our front of house and we will ensure this does not happen.