

# **Pre and post-operative information for adult patients having dental treatment under general anaesthesia**

**You have been placed on the waiting list for dental treatment under general anaesthesia.**

## **What is general anaesthesia?**

General anaesthesia (GA) means that you will be unconscious throughout your dental treatment. The GA will be administered by an anaesthetist.

## **Preparing for your general anaesthetic**

You may be given premedication, to help you feel more relaxed, this might be medicine in a flavoured drink, given in a syringe or in a nasal spray which may make you sleepy.

To go to sleep you will have a small injection in the back of your hand or arm, or you might breathe anaesthetic gases through a mask. You can have some numbing cream placed on your hand to help.

**If you support someone it may be appropriate that you explain:**

- That they are going into hospital.
- That they will be having an operation to get their poorly teeth removed and fixed.
- Some basic information about what will happen to them when they are in hospital.

Please visit the Royal College of Anaesthetists website [rcoa.ac.uk](http://rcoa.ac.uk) for more information

They have easy read leaflets to help prepare people with learning difficulties.  
[rcoa.ac.uk/patientinfo/easyread](http://rcoa.ac.uk/patientinfo/easyread)

## **Where will I be treated?**

On the day of your treatment please present to the SEAL unit at Arrowe Park Hospital, at the time advised. Please use the rear entrance.

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## **How will I be informed of my admission date?**

Your admission date will be sent out to you in the post or confirmed by phone call by the dental team and the team at the hospital at VCH.

You will then be contacted by the theatre nurses at Arrowe Park during the week before your admission. This is normal procedure to ensure that your visit on the day runs smoothly. Please let them know if you become upset by loud noises, specific words or clinical clothing etc. as we will do our best to make reasonable adjustments. They can also discuss if you would like a premedication before you arrive at the hospital.

## **What dental treatment will I have?**

The dental team will have discussed your likely treatment at your assessment visit. It usually involves carrying out all the necessary dental treatment such as a detailed dental check-up, x-rays, fillings, extractions and cleaning. It might also be possible to undertake simple medical tests (eg taking blood) if requested by your doctor in advance of the procedure. If teeth are extracted, packing and stitches may be used to minimise bleeding and encourage healing; these will dissolve by themselves, and usually takes 1-2 weeks.

## **How long will my treatment take?**

Normally you will be seen in the morning session (8.30am) or afternoon (1pm), but as you might be sleepy after it can be a few hours before you are ready to leave. You should allow the whole day.

## **Should I bring someone with me?**

Arrange to come with two (if possible) adult relatives, friends or carers who will stay in the hospital during your treatment and take you home by car or taxi. Public transport is not recommended.

## **Do I need to fast before my general anaesthetic?**

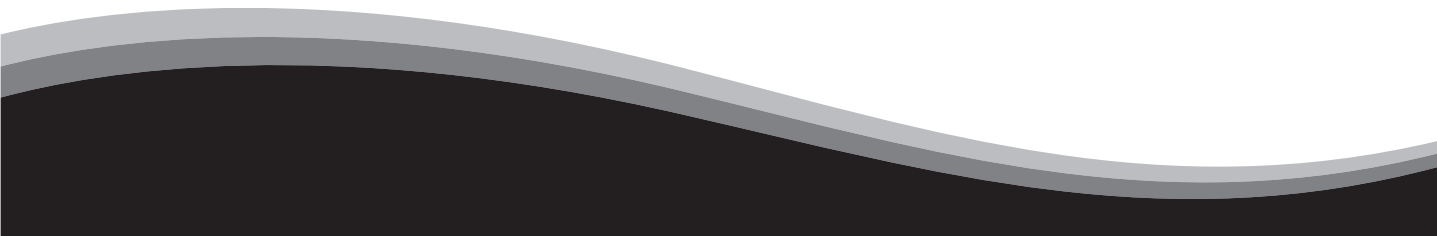
Yes, you must not eat anything for 6 hours before your appointment time. This might mean overnight (from midnight the night before) or from 7am in the morning. The team at the hospital will confirm when they contact you before your appointment.

We will not be able to carry out your treatment if you do not follow these instructions.

## **Should I take my usual medication?**

Unless told otherwise, take your usual medication on the morning of your operation, with a small amount of water **NOT** with food or yogurt. If this is likely to be a problem for you, please contact the dental or hospital theatre teams for advice.

Bring your medication with you or your medication list.



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## **What should I wear?**

Wear sensible, comfortable clothes, that can be easily washed, including flat shoes. You may wish to bring a change of clothes too. Please bring all items needed for personal care.

You may wish to bring something to entertain you – books, iPads, toys, or something that will help you relax.

**If you are unwell in the days before your visit, please contact the dental team at VCHC on 0151 514 6266, as we may need to delay your treatment until you are better.**

## **What will happen after my operation?**

You will stay in the unit until you are fully recovered and ready to go home. Once you are awake, your escorts will be able to come and see you.

## **What should I do for the remainder of the day and following day?**

- You should rest for the remainder of the day, not returning to work/school/day centre.
- You should not operate any machinery or carry out household tasks such as cooking or cleaning.
- You must have someone who will look after you for 24 hours.

General anaesthesia may make you feel tired for a few days and may give you a sore throat – this is normal.

Make sure you have pain relief available in which ever form you prefer to have.

## **What should I do if I have a query or concern once I am home after my operation?**

If you have a dental problem, please telephone:

**St Catherine's Health Centre Dental Clinic**

0151 514 6420

**Victoria Central Health Centre Dental Clinic**

0151 514 6266

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If you have problems outside of these times such as severe pain, not relieved by pain killers, mild post-operative bleeding or facial swelling please contact the emergency dental clinic on **0161 476 9651**.

If you have problems with uncontrolled bleeding, severe facial swelling or feel systemically unwell following dental treatment please contact your local emergency department (**A&E**) for advice.

If you have a medical problem, please contact your **GP or NHS 111**.

Scan the QR code  
for the Easy Read  
Booklet - **Having an  
operation with  
anaesthesia**



If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email [wcnt.yourexperience@nhs.net](mailto:wcnt.yourexperience@nhs.net)

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