

Thank you for choosing NSOMS  
and our in-built theatre facility  
for your surgery.

### Your Appointment:

Date:

Time:

No food or drink (except water) from:

Sips of water allowed until:

Please be aware that your session is valuable. We would therefore appreciate it if you plan your schedule well so that any unnecessary cancellations can be avoided.

We however do understand cancellations due to urgent matters can occur and may be unavoidable.



## Urgent Contact Numbers

### During working hours:

Please contact NSOMS reception on **0800 676 670**

### During after hours:

Please contact one of our on-call surgeons. Contact details for the on-call surgeon will be available on our answering phone message when calling NSOMS reception.

### Emergency:

Please dial **111** if you experience severe breathing problems, chest pain, or major bleeding.

## Consumer Rights

NSOMS is committed to delivering care in accordance with the Code of Health and Disability Service Community Rights, the Health Information Privacy Code and the Privacy Act 1993. We encourage you to speak up and actively participate in decisions about your care and treatment. We will provide you with a feedback form during your stay so you can have your say. A complaints form is available on request.

## Payment options

Your surgeon will have provided you with an estimate of costs for your surgery.



### Southern Cross:

Our affiliation allows us to check policies, claim & invoice directly via online portal.



### NIB:

We can claim through the online portal with NIB.



### Other insurance companies:

You will need to send the quote to your health insurance provider and wait for the prior approval. Once received, we can then invoice directly for your surgery.



### ACC:

NSOMS will seek approval for your surgery on your behalf. If your surgery is only partially funded you will be required to pay the balance prior to admission.

### Paying personally:

If your procedure is not covered by insurance, payment is required prior to admission. Non-payment will incur collection fees.



# NSOMS

(Oral & Maxillofacial Surgeons)

Centre For Advanced Digital  
Implants & Oral Surgery



General Anaesthesia

## What is General Anaesthesia?

General anaesthesia produces a drug-induced state where you will not respond to any stimuli, including pain. In other words, you will be put to sleep during the surgery and will not be aware of anything throughout the procedure. General anaesthesia is performed by a specialist anaesthetist.

### Pre-Admission

After you have discussed your surgical and anaesthetic options with your surgeon, you will normally be asked to see a nurse for a consultation. The nurse will thoroughly go through your medical history and obtain basic recordings such as your blood pressure, heart rate, oxygen saturation and weight.



**Please tell your surgeon and nurse all of your medical details and all of the medications you are taking (including homeopathic and alternative medicines).**

Patients with complicated medical histories or children younger than six years of age may be asked to come and see our specialist anaesthetic colleagues prior to any surgery appointments. The surgeon and anaesthetist may together decide that it is in your best interest to have your surgery undertaken in a hospital environment.

### Your Preparations Before Surgery

**Time off Work/School:** Please arrange to take between 3-5 days off work or school.

**Chaperone:** You must arrange someone to collect you after your procedure. You also need to organise someone to look after you for the next 24 hours following your discharge. For patient safety reasons, we are unable to let you travel home in a taxi unsupervised.

**You are NOT allowed to eat food or drink any type of fluid (except water) at least for SIX hours prior to surgery.**

**You are allowed to have sips of water for your comfort and to swallow your medications up until TWO hours prior to surgery.**

**Eating & Drinking:** Fasting (not eating or drinking) is necessary to minimise the risk of regurgitating your stomach contents and causing damage to your lungs from the stomach acid.

**Shower & Mouth Care:** Please have a shower in the morning and clean your teeth as normal.

**Clothing & Jewellery:** Please wear something comfortable and remove all of your jewellery. If you have any body piercings inside your mouth or around your face, you may be asked to remove these.

It is very important that you follow the above instructions. Please also be aware that your surgery may be cancelled to ensure your safety if these instructions have not been followed. Ring one of our nurses if you are unsure of anything.

### Reminder Call

One of our staff members will give you a reminder call the day before your surgery to confirm this appointment. During this call we will go through your preparation check list again with you. This will also give you an opportunity to ask us any questions you have.

### Day of Surgery

When you arrive at our reception desk you will be greeted and asked to fill out a form that gives us details of the chaperone who will collect you after your surgery and when you last had something to eat or drink. You will then be asked to settle your accounts with us.

Your surgeon and anaesthetist will come and see you prior to surgery to address any questions you have and to sign the consent form. It is common for your chaperone to leave the clinic while your surgery is being performed. Your length of stay following your surgery will depend on your operation and recovery needs.

When you enter our operating theatre you will be asked to rinse your mouth with a provided antiseptic mouthwash.

The specialist anaesthetist will then guide you through the steps of anaesthesia with clear explanations until you are fully anaesthetised. When your procedure is finished you will be moved to the recovery room where you will be cared for until you are fully awake. It is not routine for family to go into the recovery room due to privacy concerns. The recovery nurse will call your escort through when you are ready to be discharged.

### Discharge

When you wake up you will be in the recovery room being looked after by our recovery nurse. As you wake up it is normal to experience nausea, bleeding in your mouth and discomfort. You may also be given some medications that will help your nausea and pain.

When you recover fully from your anaesthesia and your chaperone has arrived, the recovery nurse will go through post-operative instructions. Upon discharge your chaperone will receive our discharge pack which contains:

- Post-operative instruction sheet
- Prescription
- Pack of gauzes
- Ice Packs



### For 24 hours after General Anaesthesia

- You may have some effects from the general anaesthetic medications. These may include: nausea, vomiting, a sore throat/nose, and/or a headache.
- Do not drive or operate any mechanical or electrical equipment.
- Do not lock any doors behind you in case you feel faint or unwell when alone.
- Do not sign any legal documents.
- Continue to take all of your usual medications unless told otherwise by your surgeon.