BEFORE THE PROCEDURE

Our tips before a surgical procedure

Local anaesthesia and sedation (twilight sleep)

- It is advisable, but not mandatory, to bring an **accompanying person** with you.
- Prepare a **cold pack** at home.
- If you are taking pain medication, avoid **aspirin** (active ingredient “acetylsalicylic acid / ASA”) in the last **7 days** before the procedure, unless otherwise discussed with us and your general practitioner.
- With local anaesthesia, you can **eat and drink as usual** before the appointment (this does not apply to surgeries under sedation or general anaesthesia!).
- **Relax:** Try to get enough sleep and rest on the day of the procedure. Stress can interfere with the healing process and make the procedure more difficult.
- Wear **loose, comfortable clothing** that is not too tight, to make the procedure as comfortable as possible. Avoid jewellery, especially piercings in the mouth area.
- Take one **400 mg tablet of ibuprofen 30 to 60 minutes** before the procedure (available without a prescription).
- **Brush your teeth** before the appointment.

Preparation for procedures under sedation (twilight sleep)

For procedures under sedation, medications will be administered intravenously. Please note the following instructions:

- **Fasting:** You should not consume any food or liquids for at least 3 hours before the procedure.
- **Accompanying person:** It is mandatory that you have an accompanying person who remains with you throughout the procedure. Without an accompanying person, the surgery cannot take place.
- **After the procedure:** It usually takes 1 to 2 hours for the medications to be fully metabolised by the body. During this time, our resting rooms with comfortable loungers will be available for you before you can head home.
- **Driving ability:** Sedation may impair your ability to drive. Therefore, we recommend that you do not drive a car or ride a bike for 24 hours after sedation.

CONTACT

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GETTING HERE

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OPENING HOURS

Mon – Thu 08:00 – 18:00
Fri 08:00 – 14:00