

# choose

South Tyneside **NHS**  
NHS Foundation Trust



## Having a Dental Operation at the Surgical Day Unit

Easy Read

Providing a range of NHS services in  
Gateshead, South Tyneside and Sunderland.

## Day of your operation

For a morning appointment please do not eat or drink anything from

**midnight the night before your operation**



For an afternoon appointment please do not eat or drink anything from

**7am of the day of your appointment**



You will be asked to come to the hospital at 8am if you are having an operation on a morning or

1pm if you are having an operation on the afternoon

Some people do not need to stay over night and can go home later on the same day if everything is okay.

# Where do you go?

9 Surgical Day Case Unit  
Sunderland Royal Hospital



**Surgical Day  
Case Unit**

# When you arrive



The receptionist or nurse will check your appointment letter.

If you have a **'My Care Passport'** give this to the receptionist or nurse.

This will give staff important information about you and help them care for you.

## This is me My Care Passport

It should be kept with me and brought with me into any care setting, including hospital.



Click to add a photo of yourself here

My name is:

I like to be known as:

Please return my passport to me when I go home.

This is essential reading for all staff working with me. It gives important information about me. This passport should be kept visible and used when you talk to me or think about me.



Things you must know to keep me safe



Things that are important to me



My likes and dislikes

This passport is an ePDF file that can be typed into, saved and updated using Adobe Acrobat Reader. Go to [www.adobe.com/uk/acrobat/reader](http://www.adobe.com/uk/acrobat/reader) to download it free of charge. You could also print it off and write on it.

## When you arrive



You may be asked to wear a theatre gown.  
The nurse will put a cuff on your arm to take your blood pressure.

The nurse will then put a clip on your finger this checks your breathing and heart rate.



## Preparing for your operation



An anaesthetist and a dentist will come to see you on the ward. They will check that you understand what is going to happen and you still wish to go ahead with your dental operation.

## The Nurse



If you are feeling worried about your operation, the nurse will offer you medicine.

This medicine helps you to relax and you may feel sleepy.

## Going to the operating theatre



When it is time for you to go to theatre your nurse will check your name, address and date of birth.

When the nurse takes you to the anaesthetic room you can walk or go on a theatre bed. If you wish your carer will be allowed to go with you.



## In the anaesthetic room



When you arrive in the anaesthetic room the dentist and the assistant will be waiting for you.

They will put a needle into the back of your hand. "They can now give you medication for your operation."





## After your operation



You will be taken back to the ward where you can rest. When you wake up you will be offered a snack and drink.

The nurse will take your blood pressure again.

As soon as you feel well you will be able to go home.

You will need a carer to support you when you leave the hospital either by car or taxi.

## Going home



The nurse will explain how to keep safe and well when you get home.



Do not have hot drinks



Do not drink alcohol



Do not exercise

You will need someone to care for you for  
**1 day** after your operation

## If you have any questions?

If you have any queries with regards to your treatment or appointment please ring:

Monkwearmouth Health Centre

Dental Department

0191 5027326

For all queries following your operation please ring:

Day Case Unit

0191 5656256 ext 41159

Learning Disability Liaison Service

City Hospitals Sunderland

0191 5656256 ext 47146

If you would like a 'My Care Passport'

You can ring the liaison service or download a copy

The image shows a digital form titled "This is me My Care Passport". At the top, it says "This is me My Care Passport". Below this, there is a small icon of a passport and the text "It should be kept with me and brought with me into any care setting, including hospital." The form has two input fields: "My name is:" and "I like to be known as:". Below these fields, there is a section titled "Please return my passport to me when I go home." and a note: "This is essential reading for all staff working with me. It gives important information about me. This passport should be kept visible and used when you talk to me or think about me." There are three traffic light icons with corresponding text: a red light for "Things that worry me and make me sad", a yellow light for "Things that are important to me", and a green light for "My likes and interests". At the bottom, there is a small disclaimer: "This passport is not a legal document and is not a substitute for a passport. It is a personal document and should be kept safe." and a footer: "© 2015 Sunderland Health and Social Care Partnership. All Rights Reserved. Sunderland Health and Social Care Partnership.".

[www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk)

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