

Request for information under the Freedom of Information Act – 2021.853
Released – 28 June 2021

Thank you for your email dated 4 June 2021 requesting information regarding post-operative nil by mouth guidelines.

Please find detailed below a summary of your original request together with our response.

Original request:

Please would it be possible for you to share a copy of your trusts adult elective patient pre-operative nil by mouth (or fasting or fluids and feeding) guideline.

The only surgery that we carry out is podiatric surgery and community dental surgery.

With regard to minor surgery and podiatric surgery under LA we encourage patients to eat before surgery.

We do encourage all our patients who are having local anaesthetic procedures to eat and drink before they arrive in the department.

Our GA patients are provided with verbal information at the pre-assessment along with an information leaflet on fasting before general anaesthesia which advises the following:

- *Patients must not take any food, milk, fizzy drinks chewing gum or juice with pulp six hours prior to surgery.*
- *Patients may have clear liquids only up to two hours prior to surgery this may include black tea and coffee without sugar*
- *Clear fluids must be stopped 2 hours before surgery.*

The following is taken from the 'Nail Surgery' leaflet which is issued to all patients prior to nail surgery. We also check the person has eaten on the day. This question is within the 'nail surgery procedure' form checklist section.

'Will I be able to eat and drink normally that day?

Yes, we recommend that you eat and drink normally but avoid alcohol for 24 hours before and after surgery.'

The podiatric Surgery peri-operative instructions leaflet provided at pre-assessment for our local anaesthetic patients states;

'Please have something to eat and drink before arriving at the hospital on the day of your operation.'

Chairman John Goulston Chief Executive Paul Bentley

Trust HQ The Oast, Unit D, Hermitage Court, Hermitage Lane, Barming, near Maidstone, Kent ME16 9NT

With regard to our community dental services, please see attached a copy of our guide for patients about the community dental service day surgery.

A guide for patients about the Community Dental Service at

Channel Day Surgery Centre, William Harvey Hospital

Your appointment

Name [patient.title] [patient.firstname] [patient.lastname]

Please attend at 12pm

On [patient.nextapptdate]

For dental procedure under the care of [patient.nextapptprovider] under general anaesthetic/sedation

Please bring the following with you:

- any tablets, medicines and inhalers that you are taking, with their containers
- this leaflet
- a change of clothes.

Before the day of your dental treatment

Please phone us on 0330 123 9438 up to 24 hours before your appointment if you are unable to attend.

If you develop a cough, sore throat or other illness or become pregnant you must phone us on 0330 123 9438. If you have to cancel on the day, please phone the Channel Day Surgery Centre on 01233 616263 or via switchboard on 01233 633331.

You must arrange for someone to collect you from hospital after the operation and take you home, in a car or taxi, not by public transport. The driver of the car should not be the adult responsible for the patient.

Smoking and drinking alcohol

Please avoid smoking for at least 48 hours before your treatment and do not drink alcohol for 24 hours prior to the appointment.

On the day of your treatment

- Do not eat or drink for six hours before your appointment – a small amount of water may be taken up to two hours prior to appointment.
- Take any regular medication, as usual, on the day of your operation with only a sip of water.
- Please do not wear nail varnish, jewellery or make-up.
- Dress in loose fitting clothes.

On arrival at the hospital

There are facilities for delivering and collecting patients in front of the Channel Day Surgery Centre. Please use the main car park at other times.

After arrival at the Channel Day Surgery Centre, a nurse will ask you further questions and may take your pulse, blood pressure, temperature and weight. You may be asked to provide a urine sample. You will have a wristband put on showing your identity and other details. When it is time for your operation, you will be accompanied by a member of staff into the anaesthetic/surgery room. Your identity will be checked to ensure that you are the right patient, having the correct treatment.



After your operation

You will be taken into the recovery room, which is next to the operating theatre, for about 15 minutes before being transferred to the ward. You may have your blood pressure and pulse taken several times and will initially be given some oxygen to breath. This is quite normal.

Pain relief

The amount of discomfort and pain experienced varies enormously from one individual to another. It is important for you to discuss an appropriate over-the-counter choice of pain relief with your dentist or a pharmacist.

How you will feel after your operation

Some people feel wide-awake straight away while others feel sleepy for several hours. Some people feel sick, usually briefly. If sickness is severe you will be given an injection to treat this. You may have a sore throat. Following extraction of teeth, you will be given a soft pack to bite on, this will help stop the bleeding.

Before you go home

Before you are allowed to go home you will need to be reasonably awake, not feeling sick and not in discomfort. A nurse will give you a leaflet about the operation you have had. Please ask any questions and make sure you understand the instructions. After you have been taken home you may feel tired. Try to rest for 24 hours.

If you have a general anaesthetic, do not:

- carry out strenuous activity
- operate machinery
- drive a car
- ride a motorbike or bicycle for 48 hours
- sign legal documents or make any important decisions
- drink alcohol, or take sleeping tablets for at least 24 hours after your operation.

Children should be supervised for 24 hours.

Follow the advice on the post extraction leaflet you have been given.

Contact us

Phone: 0300 790 0158

Channel Day Surgery Centre: 01233 616263 or 01233 633331 (switchboard)

Address: William Harvey Hospital, Kennington Road, Willesborough, Ashford, Kent TN24 0LZ

In an emergency please phone NHS 111 or during out of hours for a dental emergency please contact DentaLine on 01634 890300.

Customer Care Team

If you have a query about our health services, or would like to comment, compliment or complain about Kent Community Health NHS Foundation Trust, you can contact the **Customer Care Team**.

Phone: 0300 123 1807, 8am to 5pm, Monday to Friday
Please say if you would like the team to call you back

Text: 07943 091958 **Email:** kcht.cct@nhs.net

Address: Customer Care Team, Kent Community Health NHS Foundation Trust, Trinity House, 110-120 Upper Pemberton, Eureka Park, Ashford, Kent TN25 4AZ **Web:** www.kentcht.nhs.uk

If you would like this information in another language, audio, Braille, Easy Read or large print, please ask a member of staff.

You will be asked for your agreement to treatment and, if necessary, your permission to share your personal information.

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