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Referral service

Guide for patients



Why you have been referred to us

Your dentist has referred you to us for treatment requiring sedation and/or for a complex surgical procedure, not currently available at your practice at the time you need it.

Your dentist has placed their trust in Arnica to provide you with the highest standard of clinical care, whilst experiencing minimum discomfort and anxiety.

As Cheltenham's Dental Sedation Centre, we have the qualifications, experience and gentle approach to provide even the most acutely phobic patients with the vital treatment needed to maintain excellent oral health and wellbeing.

We also specialise in more complex surgical procedures, such as bone augmentation, sinus lifts and All-on-4 dental implants.

Our referral team

As a Centre for Excellence for Dentistry, Arnica has a highly skilled and experienced UK-trained and qualified dental team, experienced at minimising discomfort and anxiety with sedation.

Dr Ellie Ledger, Principal Dentist, sedation-trained dental surgeon with a special interest in dental implants.

Dr Gill Kemp, sedation-trained general dental surgeon.

Dr Toby Mitchell-Innes, sedation-trained general surgeon with a special interest in cosmetic dentistry.

Dr Nicola Robinson, general surgeon.

Dr Erlind Kepla, endodontist.

Dr Sarisa Martin sedation-trained general surgeon



Ellie Ledger (dental surgeon)



Gill Kemp (dental surgeon)



Toby Mitchell-Innes (dental surgeon)



Nicola Robinson



Erlind Pepla



Sarisa Martin

What to expect

Once you have been referred to us, one of our patient coordinators will contact you to arrange a Referral Consultation, which will give you the opportunity to see the practice, meet your referral dentist and discuss your treatment in advance. This is to help you fully understand the procedure, as well as raise any concerns that you may have.

If you are nervous, anxious or dental phobic, then you might want to attend with a relative or friend.

At your referral consultation, you will be given the necessary information and forms including Guide to Treatment With Intravenous Sedation and/or Guide to Treatment With Inhalation Sedation.

Dental sedation

Whether you are nervous, anxious or dental-phobic, we will provide you with a number of sedation options that will put you into a relaxed, dreamlike state during surgery.

Sedation is simply a way to help control your anxiety, which will make your treatment more comfortable. During sedation, you will feel pleasantly drowsy and relaxed, but you will still be able to communicate with your dentist.

We offer three types of sedation:

Intravenous sedation – administered via a plastic tube in your arm or the back of your hand.

Inhalation sedation – administered via a special mixture of sedative gas and air.

Oral sedation – administered via a tablet taken before your appointment.

Whichever type of sedation is best for you, rest assured that our fully qualified and experienced team are here to help you. Sedation is effective, predictable and very safe.

Guide to treatment with sedation

Please read this quick guide to treatment with sedation in conjunction with our Guide to Intravenous Sedation and/or Inhalation Sedation.



A At your referral consultation

- Give details of any medicines or tablets which you are taking, both with and without prescription
- Let us know if you've seen your doctor or been to hospital since your last appointment
- Let us know if you think you may be pregnant or if you are breastfeeding
- Please advise us of any illnesses occurring before the appointment, as this may affect your treatment

B Before the sedation appointment

- Continue to take your routine medicines, unless otherwise advised by your dentist
- Do not eat or drink anything for UP TO TWO HOURS before your appointment, unless otherwise directed by your dentist
- Prior to the above, it's fine to eat a light meal or have a non-alcoholic drink should you wish
- Do not drink alcohol or take recreational drugs
- Arrange for a responsible adult to take you home
- Please remove all loose jewellery
- Please remove all nail varnish and false nails

C At the sedation appointment

- Please confirm any changes to A1 – 4 (see above) since making the appointment
- You must be accompanied home by a responsible adult
- Wear comfortable, loose-fitting clothes; loose sleeves are particularly important

D Immediately after the appointment

- You may feel drowsy for a while after sedation; don't worry, drowsiness doesn't usually last more than about eight hours
- Your escort must take you home after the treatment in suitable transport, e.g. a private car or taxi (as you will be sleepy and possibly disorientated for a while), and arrange for you to be looked after for the following 24 hours

E 24 hours after the appointment

For 24 hours after your appointment you should:

- Rest and avoid exercise
- Arrange care for anyone you usually care for
- Continue to take your routine medicines, unless otherwise advised by your dentist

For 24 hours after your appointment you should NOT:

- Drive
- Operate machinery (including domestic appliances)
- Look after young children
- Be left on your own
- Drink alcohol or take recreational drugs
- Sign any important or legal documents
- Return to work

Please remember that if you would like to speak to a member of our clinical team about preparing for treatment with sedation please do not hesitate to call us on 01242 655554.

Contact information

73 Leckhampton Road
Cheltenham
Gloucestershire
GL53 0BS

01242 655554

www.arnicadentalcare.co.uk
reception@arnicadentalcare.co.uk

For directions go to www.arnicadentalcare.co.uk/directions

Opening times

We are open Monday to Friday at the times below:

Monday	8:30am to 5:30pm
Tuesday	8:30am to 5:30pm
Wednesday	8:30am to 5:30pm
Thursday	8:30am to 5:30pm
Friday	8:30am to 4:30pm

In the event of a dental emergency, we will always aim to see our patients on the same day.

In case of severe problems that cannot wait, there is a duty dentist on call in the evenings and at weekends.

