

Oral surgery and restorative dentistry

Information for patients having minor oral surgery under local anaesthetic

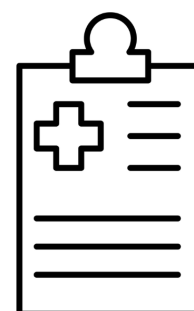
Information for patients, relatives and carers

Before you come to your appointment

We will do your procedure under local anaesthetic which means you will be awake. This means you do not need to fast. Please make sure you have a light breakfast or lunch.

Your medical history

It is important that we know your full medical history, allergies and any medications you are taking so please have this information ready. It is very useful to give us a list of medications or repeat prescriptions. Please give us this information at the beginning of your appointment if you haven't already. We would be grateful if you can fill out the medical questionnaire we gave you and bring it to your appointment.



What will you do?

We will give you an injection to numb your jaw (local anaesthesia) which means that you will feel no pain during the procedure. You will still feel pressure. Some teeth are very simple to remove and may take only a few minutes (simple extraction) others can be more complex and may take up to 30 to 40 minutes to do. We will give you verbal and written instructions which will explain how to look after yourself after the procedure.

For more complex teeth, this may involve a cut (incision) into the gum to expose the tooth. A dental drill can then be used to remove bone from around the tooth and loosen it from the jaw.

The tooth may then be sectioned into smaller pieces; this makes it easier to remove the tooth. Once the tooth or teeth have been removed the gum is put back together with dissolvable stitches. Your surgeon will tell you how simple or complex the surgery will be for you.

Will I need time off work?

It is usually best to take the day off and possibly two to three more days. Sometimes recovery can take longer.

No smoking

Please do not smoke on the day of the procedure and for one week after as this makes it harder for your mouth to heal.



What can I expect after surgery?

- **Pain** – is normal after surgery and you should expect pain from the operation site for three to seven days. You will need to take appropriate painkillers.
- **Swelling and bruising** – of the face and neck. This will reach a peak 48 to 72 hours after surgery and then should start to go down.
- **Bleeding** – this will have stopped quickly after the operation. You might notice blood in your saliva on the first day. More persistent bleeding can happen, but this is rare. Instructions will be given to you after your operation as to how to deal with this.
- **Jaw stiffness** – opening your mouth is likely to be sore and uncomfortable for three to four days and a soft-diet during this time will be better for you. You may also experience pain and stiffness of the jaw joints. This will normally disappear after a couple of days but can occasionally last for up to two to four weeks. You will have a hole or depression in the gum that can take up to two months to smooth or close over – you will keep getting food stuck in this area and will have to clean it carefully.
- **Sensitivity of teeth** – next to the tooth socket is common; good oral hygiene will resolve this, although it may last for several weeks.
- **Bad breath**– you may experience bad breath; this is unlikely to last more than a week

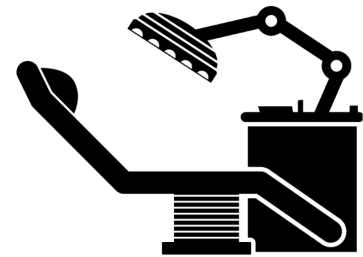
What complications can occur?

- **Dry socket** - this occurs in approximately five to ten in 100 patients and is due to a breakdown in the wound healing process. It normally happens two to four days after the operation when pain will start to become worse and constant. It is more common if you smoke or if you are having lower teeth removed.

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- **Infection** - this happens in less than one in 100 patients and can present as pain, swelling and bad taste. It usually happens three to seven days after the operation. We do not routinely give antibiotics after tooth/teeth removal, as the risk of infection is low. However, less than one in 100 patients (0.5%) might need to overnight stay in hospital with intravenous antibiotics due to a severe postoperative infection.
 - **Damage to adjacent teeth** – when an adjacent tooth has a large filling or crown on it, it could be dislodged during surgery. If this happens you will need to see your dentist for further treatment.
 - **Sinus problems** – upper molar teeth can sit close to the air sinus. The air sinus is a hollow cavity in the top jaw. When upper teeth are removed there is a very small risk that the air sinus can become punctured. If this happens further surgery is sometimes needed to repair it. Only a very small number of patients experience this complication.

Anything else

Please do not run or cycle to and from your appointment as this will increase your blood pressure and possibly cause the surgical site to bleed. Do not exercise for two to three days after the appointment



Hours and contact information

- Monday to Thursday: 08.30 to 17.00
- Friday: 08.30 to 15.00

Phone number: **020 3313 0403**

Oral surgery clinics are open on Monday, Wednesday, Thursday and Friday.

Restorative dentistry clinics are open on Wednesday and Thursday.

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY
Email: ICHC-tr.Complaints@nhs.net
Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Restorative dentistry and oral surgery
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