



# PM Oral Surgery

SPECIALIST CENTRE

## *Dental extractions*

**This leaflet has been put together to tell you more about your treatment and should answer many questions you may have. Please ask if anything is unclear.**

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## About tooth/teeth removal

Tooth removal (or tooth extraction) involves having one or more teeth completely removed from your mouth. Teeth are usually removed by a dentist, but sometimes the procedure is done by a specialist oral surgeon.

There are several reasons why your teeth may need to be removed. The most common reasons include:

- tooth decay
- gum disease (periodontal disease)
- a broken tooth that can't be repaired
- an abscess (a collection of pus) on your gums or around your teeth
- crowded teeth
- impacted wisdom teeth

Your teeth may be removed in a single appointment, or over a few sessions.

A tooth may be removed (extracted) if it is damaged or decayed and can't be repaired.

### What are the alternatives to tooth removal?

If you don't want to have your tooth removed, sometimes alternative treatments are available. Painkillers can ease pain and swelling, but these will just relieve your symptoms in the short term. Antibiotics and root canal treatment can help treat an infection. You may be able to have a veneer or crown fitted if you have a damaged tooth.

### Preparing for tooth removal

The oral surgeon will explain how to prepare for your procedure. He or she will ask about your dental and medical history. It's important that you mention any medical conditions, allergies or recent surgery. You

should also tell the oral surgeon if you use an inhaler or are taking any medication, including the contraceptive pill or over-the-counter medicines, such as aspirin.

Procedures are often carried out either under a local anaesthetic, under a local anaesthetic with sedation or under a general anaesthetic.

Under a local anaesthetic, you will have an injection in the gum which will completely block pain from your gums and teeth. You will stay awake during the procedure. You may also be offered sedation and this relieves anxiety and helps you to relax during the procedure.

The procedure may be done under a general anaesthetic. This means you will be asleep during the operation. Under this procedure you will be asked to follow fasting instructions, so you will not be able to eat or drink for about six hours

beforehand. However, it's important to follow your oral surgeon's advice. Your oral surgeon will discuss with you what will happen before, during and after your procedure, and any pain you might have. This is your opportunity to understand what will happen, and to ask any questions you may have about the risks, benefits and any alternatives to the procedure.

You will also need to give your consent for the procedure to go ahead by signing a consent form. If you have a repeat prescription please bring it with you.

## What should I do about my medications?

You should continue your normal medication unless you are told otherwise. Let your oral surgeon know if you are taking any medications.

## What happens during tooth removal?

If your tooth is removed under a local anaesthetic, the oral surgeon will inject the anaesthetic into your mouth and check it has taken effect before starting the procedure. The oral surgeon will widen the tooth socket and gently rock the tooth side to side until it's loose enough to be elevated out.

You will feel some pressure in your mouth and may hear some noise but you shouldn't feel any pain. A surgical approach may be necessary to remove the tooth. You will feel some vibration and water during this procedure. Most teeth only take a few minutes to remove but sometimes this can take up to 30 minutes.

## What to expect afterwards

If your tooth is removed under a local anaesthetic, you may have some bleeding. Your oral surgeon will give you a piece of gauze to bite on to stop the bleeding. You will need to stay at PM Oral Surgery until the bleeding is controlled.

If your tooth is removed under a general anaesthetic or sedation, you will need to rest until the effects of the anaesthetic or sedative have passed. You will need to arrange for someone to drive you home. You should try to have a friend or relative stay with you for the first 24 hours.

Both sedation and the general anaesthetic temporarily affect your coordination and reasoning skills, so you must not drive, drink alcohol, operate machinery or sign legal documents for 24 hours afterwards. If you're in any doubt about driving, please contact your motor insurer so that you're aware of their recommendations, and always follow your oral surgeon's advice.

Before you go home, your oral surgeon will give you advice about looking after your teeth and gums. You may be given a prescription for painkillers, antibiotics and chlorhexidine mouthwash (i.e. Savacol) to take home. You may also be given a date for a follow-up appointment.

## Recovering from tooth removal

After a local anaesthetic it may take several hours before the feeling comes back into your mouth. If you need pain relief, you can take over-the-counter painkillers such as Panadol or Nurofen.

Always read the patient information leaflet that comes with your medicine and if you have any questions, ask your pharmacist for advice. After having your tooth removed, there are certain steps you can take to help your recovery.

- Don't rinse your mouth out for the rest of the day. The following day, rinse gently with chlorhexidine mouthwash (i.e. Savacol) or warm salt water (dissolve 1 teaspoon of salt in a cup of warm water).
- You should stay on a soft diet for the first few days following the extraction.
- If your gum bleeds, clench down on a clean pad of material such as the gauze provided in your post-operative pack for at least 20 minutes.
- Don't drink alcohol for at least 24 hours and don't smoke until your wound has fully healed.
- It can take up to seven days to make a full recovery. You can brush your teeth but keep your toothbrush away from the healing wound.
- The length of time your dissolvable stitches will take to disappear depends on what type you have. However, for this procedure they should usually disappear in about two to three weeks.

The socket where the tooth was will appear lumpy and uneven but this is normal and will smooth down in time, but this can take a few months to settle down.

## What are the risks?

As with every procedure, there are some risks associated with tooth removal. We have not included the chance of these happening as they are specific to you and differ for every person. Ask your surgeon to explain how these risks apply to you.

## Side-effects

You're likely to have some discomfort and swelling for a few days afterwards, and your jaw may feel a little stiff. You may have some bleeding.

## Complications

Complications are when problems occur during or after the procedure. Complications of having your tooth removed are listed below.

- **Infection.** If you feel a burning sensation or you have heavy bleeding, increased swelling or pain, contact PM Oral Surgery. You may have an infection and need antibiotics.
- **Dry socket.** This happens when the blood doesn't clot in your tooth socket, so it doesn't heal properly. Symptoms include having severe pain and you may need further treatment