

What should I do if I need a denture?

Our department does not supply dentures so you need to contact your dentist who will arrange to make them for you. Make an appointment about 2 weeks after your teeth are removed when any swelling has settled and your gums are no longer sore.

What happens if I need a lot of teeth removing?

If you are having a local anaesthetic your teeth may be removed in stages, one side at a time. This is more comfortable for you and allows you to eat more easily after the operation. The Admissions Officer will contact you to arrange a date for the next operation. If you are having a general anaesthetic and you are going to be asleep for the operation, then your teeth will be removed in one operation only.

Will I need another appointment?

No. This is not normally necessary. Your dentist will continue to check your teeth when you visit him. Patients on some special medicines may require a follow up appointment in clinic.

In case of emergency

The on-call Maxillofacial doctor can be contacted through the hospital switchboard on 01483 571122

Reference source

BAOMS.org.uk

Contact details

For further information or advice please telephone **01483 571122** and ask for the on-call Maxillofacial doctor.

Maxillo Facial Clinic **01483 406775**

Day Surgery

Telephone: 01483 406783

Telephone: 01483 406784 (answering machine)

Surgical Short Stay

Telephone: 01483 406828

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–4.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Author: Bo Pullen
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What to do after tooth removal or apicectomy



Oral & Maxillofacial Surgery Department
Including Day Surgery and Surgical Short Stay

What should I do after the operation when I get home?

- The numbness will last for up to 3 hours. You can eat when it has worn off. Something soft and easy to chew is best. You can drink when you like but don't take anything too hot or drink through a straw.
- Any stitches that are in the mouth are usually dissolvable. These should drop out after a period of 7-10 days. Please do not allow your tongue to play with the stitches as this can work them loose.
- Do not rinse your mouth out – the tooth socket might start bleeding. Do not keep spitting out, just swallow as normal.
- After the operation we suggest that you go home and rest for the first 24 hours. It is not a good idea to rush back to work or to the shops.
- Do not smoke for at least 48 hours (this might increase the risk of an infection).

Will it hurt?

- Pain killers should be taken regularly according to the dose on the packet for at least the first 48 hours. Simple pain killers such as paracetamol and/or ibuprofen should be enough in most cases. The doctor may prescribe a stronger tablet if necessary. If you are taking pain killing tablets do not drink any alcohol.

What about the next day?

- Use warm, salty water to rinse your mouth after meals and before going to bed. (Dissolve a teaspoon of kitchen salt in a cup of warm water). Rinses will help to keep the sockets clean while they heal up. Use them for at least 3-4 days.
- You can use your toothbrush to keep the rest of your teeth clean. Just take extra care near any wounds or stitches.
- Continue taking painkilling tablets. As the pain eases off cut down on the tablets.

Are there problems to look out for?

- **Bleeding:** there may be a slight trickle of blood for a few hours after the tooth is removed. If it starts to bleed when you are at home bite on one of the cloth squares you have been given. Fold it up and dampen with tap water then bite firmly on it for at least 20 minutes, repeat if necessary.
- **Dry socket:** One of the most common problems that can occur after tooth extraction is called a dry socket. This is when there is no blood clot so the tooth socket doesn't heal as quickly as expected. This usually happens within two to four days after the tooth is removed and is extremely painful. Please contact the on-call maxillofacial doctor if you have a problem. Dry socket is more common after extraction of lower molar teeth, if you're taking the contraceptive pill or if you smoke.

- **Infection:** If there is a sudden increase in pain or a nasty taste in your mouth after a few days, this may indicate an infection and your dentist or on-call maxillofacial doctor should be contacted.

What should I expect afterwards?

Some teeth are harder to remove than others. The after effects will depend on the degree of difficulty.

- **Lip or tongue numbness and tingling:** usually lasts for a few hours but may last for much longer. In rare cases it might not completely go.
- **Swelling:** there is usually some swelling and bruising which will get better after the first 2-3 days.
- **Jaw stiffness:** it might be difficult to open your mouth fully for at least two weeks but it will slowly improve.
- **Antibiotics:** the doctor may want you to have a short course of antibiotic tablets (usually 5 days). Make sure that you finish the course even if your mouth feels fine.

When can I return to normal activities and driving?

If you have had a local anaesthetic there are no restrictions on driving. If you have had a general anaesthetic, you must not drive or be left alone for the first 24 hours.

It is important to avoid bending, lifting, sport and exercise, for at least the first 48 hours. You may need up to a week off work.