

Oral Surgery – Surgical Removal of Tooth

Introduction

Oral Surgery deals with the diagnosis and management of pathology of the mouth and jaws that requires surgical intervention. Oral Surgery involves the treatment of children, adolescents and adults, and the management of dentally anxious and medically complex patients.

Your consultant will discuss with you at your outpatient appointment if you require a tooth to be surgically removed.

Guidance for Patients

Whilst you are waiting for your surgical extraction depending on your oral needs, the following steps may vary. If your regular dentist cannot see you or you don't have a dentist, an emergency dentist (via 111) will do everything they can to help you the same or next day.

Many mild **toothaches** are caused by food caught between teeth. Before calling an **emergency dentist**, gently floss to remove any trapped food particles that could be causing pain and rinse with warm water.

If the toothache persists, call 111 as soon as possible and take over-the-counter pain relievers until your appointment. **DO NOT** put crushed aspirin on your tooth as this burns gums and destroys tooth enamel.

There are some numbing agents you can use to help alleviate pain until you see a dentist. Numbing agents with benzocaine should not be used for children or infant toothaches though.

If you experience tooth pain throughout the night, try to keep your head elevated. Keeping your head up can help ease the pain while you fall asleep and can make it less painful while you are awake.

For any adults waiting for their procedure, it is important to maintain a healthy lifestyle.

Health Lifestyles – We are here to help you and offer different levels of support to maintain a healthy weight and to stop smoking including telephone support, virtual and app-based support options.

Stop Smoking Service - <https://www.smokefreehampshire.co.uk/>. The stop smoking service provides a range of options to help you quit including support from an advisor, stop smoking medications, e-cigarettes and a digital offer for those who wish to quit by themselves.

If you are not ready to quit just yet but would like more information on how to protect your family, [Smoke Free Homes](#), advises on how to make your home and car smoke free.

Weight Management Service - www.shapeup4lifehampshire.co.uk. The service supports adults aged 18 years or over who want to lose weight and have been identified as obese.

Find out your BMI

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You can get help to lead a healthier lifestyle if you're an adult (18 years or over) living in Hampshire (but not Southampton or Portsmouth) and your body mass index (BMI) is above average. [Use the NHS calculator to find out your BMI](#). If it's too high, sign up for a programme that will help you lose weight.

BMI of 30+.

If your BMI is 30 or higher, you qualify for free support from [Shapeup4life Hampshire](#).

BMI of 28+

You can get free support from Shapeup4life Hampshire if you haven't paid to attend sessions with a commercial weight management provider in the last three months, and at least one of the following applies:

- you have Type 1 and 2 Diabetes or Metabolic Syndrome.
- you have problems with your heart, circulation, hypertension or high blood pressure.
- you have been diagnosed with anxiety/depression.
- you need to lose weight before receiving another medical treatment or surgery.
- you have a serious long-term health condition that is adversely affected by your weight such as muscular skeletal disorders (back pain, mobility issues) and asthma.
- you're from a black or ethnic minority background.

[Learn more and sign up with Shapeup4life Hampshire](#)

BMI of 25+

If you have a Body Mass Index of 25 or higher, [the NHS Weight Loss Plan](#) will help you start healthier eating habits, be more active, and start losing weight.

The [NHS 12 week fitness plan](#) will support your weight loss plan as well as improve your health. This is aimed at beginners and will help get you into the habit of regular exercise over the course of the programme. It is structured but flexible enough to allow you to fit the exercise sessions around your other weekly commitments.

Healthy eating and being active

Information and advice on healthy eating and becoming more active is available from:

- [One You Eat Better](#) (website) - includes Easy Meals app for healthy meals and the Change4Life Food Scanner to help reduce levels of sugar in your diet.
- [Better Health - Get Active](#) (website) - includes tips on getting active for all, including the downloadable Active 10 app, as well as tailored advice for those living with a long-term condition.
- [Sugar Smart](#) is a campaign to raise awareness of hidden sugars, recommended levels and healthy alternatives by encouraging individuals, groups, businesses, schools and organisation to join the

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campaign and make a pledge. To find out how you can join in, become sugar smart and make good choices about what you, your family, colleagues eat.

What should I do if my health is deteriorating?

A dental emergency can cover a broad range of complaints, including:

Severe dental pain – if you are in severe dental pain an emergency dental appointment could provide the necessary care to relieve your dental pain.

Uncontrolled Bleeding from the mouth – uncontrolled bleeding from the mouth is considered a dental emergency and you should see your dentist as soon as possible.

Infection – an abscess in the mouth is considered a dental emergency as a serious infection could be life-threatening. If you are experiencing swelling in or around your mouth or you have difficulty swallowing, you should speak to your dentist immediately.

You should contact a dentist if you are unsure about any of the above symptoms you are experiencing.

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

Dental surgeries are still open

Dental surgeries are still open and are working differently to how they did before the COVID-19 pandemic. Dental practice staff are also helping patients to manage their conditions at home while they wait for hospital appointments.

Contact Us

Please direct any My Planned Care enquiries to myplannedcare@hhft.nhs.uk or 01962 825 616.