

## My Planned Care Patient Information Platform

# Dental - Oral Surgery

## Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself while waiting to attend the hospital.

## What is Oral Surgery?

Oral surgery is a broad term for any operation performed on your teeth, gums, jaw or surrounding oral and facial structures. There are a number of different procedures which are part of the oral surgery specialty, and the guidance below is for one particular specialty – Tooth extraction. Further information about other common oral surgical procedures can be found at: [Dental services :: Surrey and Sussex Healthcare NHS Trust](#)

## Why do I need oral surgery – tooth extraction?

Below is a range of reasons you may require oral surgery:

Severe tooth decay	Gum disease (periodontitis)	Dental Trauma
Dental bone grafts	<b>Wisdom teeth complications</b>	Placement of Dental Implants
Corrective jaw surgery	Badly broken teeth	Bone loss in your jaw
Sleep apnea	Temporomandibular joint disorders (TMD)	
Benign oral pathology (noncancerous lumps or bumps)		Oral Cancer

In some cases, tooth extractions are performed to prepare you for dentures or other prosthetic devices.

Oral surgery is usually performed by an oral and maxillofacial surgeon in a hospital or a specialist dentist. We provide a comprehensive range of services for disease of the mouth, teeth, jaws together with salivary gland problems and oral and facial cancer.

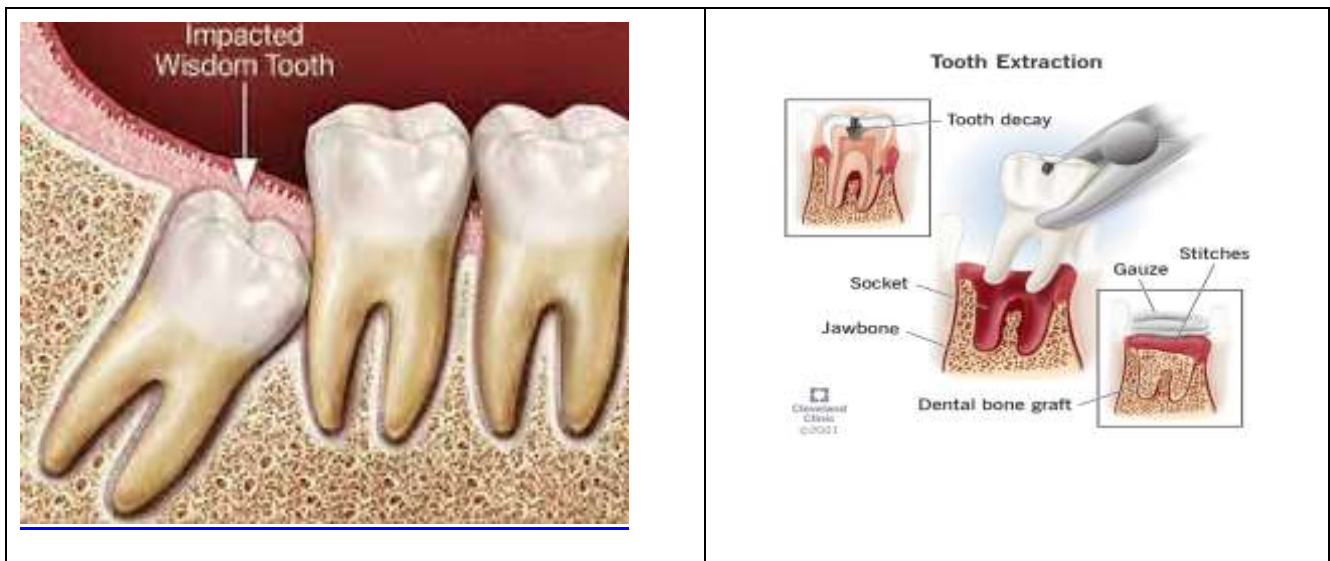
The most common type of oral surgery is tooth extraction (tooth removal). **This guidance provides information on the removal or extraction of a 'wisdom tooth'.** Wisdom tooth extraction is undertaken when your teeth become impacted and do not have room to grow. More information can be found at - [Wisdom tooth removal - NHS \(www.nhs.uk\)](http://www.nhs.uk) Alternatively please speak to your Dentist for more information.





## My Planned Care Patient Information Platform

Below is a diagram illustrating an impacted wisdom tooth.



### What are the benefits?

- Your general health may improve with a reduction in headaches as well as improved sleep
- Improvement when chewing, speaking, and breathing

### What treatment options are available?

There are a range of alternative treatments available, however these are personal to the individuals' medical needs and diagnosis. Your Dentist will explain the different treatment choices available and advise what he or she feels would be best for you.

There are risks associated with any surgery. Your Dentist will explain these risks to you. Please ask questions if you are uncertain. Below are some of the risks associated with tooth extraction:

Issue	Possible cause
Infection	This is rare but can still happen
Injury	While oral surgeons go to great lengths to protect adjacent teeth or existing dental work during oral surgery, injury to teeth or nearby tissue can occur.
Dry Socket	A dry socket is a painful complication that may develop after tooth extraction. Normally, a clot develops in the socket left by the pulled tooth; this clot protects the nerve and bone tissue exposed by the tooth extraction until it dissolves naturally about a week to 10 days following tooth extraction. In dry socket, the clot dislodges prematurely, leaving the nerve more vulnerable and slowing down the healing process.





## My Planned Care Patient Information Platform

<b>Numbness</b>	Oral surgery can irritate the nerves situated near the surgical site. Irritating these nerves can cause diminished or total loss of feeling in areas served by the nerve, such as the lip, tongue, cheek, chin, teeth, or gums. While any numbness that does develop usually subsides in 24 hours or less, permanent numbness may occur.
<b>Sinus Complications</b>	<p>Sinus cavities are empty spaces situated at the front of your forehead and near your eyes and nose.</p> <p>Drainage from the sinuses keeps bacteria out of your nose. The lowermost sinuses are located very near the roots of some upper teeth; surgery to these teeth may cause the tooth roots to penetrate into the sinus cavity.</p>
<b>Jaw Fracture</b>	Removal of wisdom teeth can potentially weaken the jawbone, especially if the bone is already thin or if the wisdom teeth are stuck under the gum or only partially able to break through the gum. Weakening the jawbone may increase the risk that the bone will break.
<b>The temporomandibular joint (TMJ)</b>	TMJ holds your jaw onto your skull. Wisdom teeth removal can cause inflammation and pain in the TMJ, particularly if you have a pre-existing problem with your TMJ.

## What happens before the surgery?

At the initial consultation, the doctor will put your name on the general anaesthetic waiting list. When your name gets near the top of the list, we will write to ask you to ring to arrange a date for pre-assessment and your operation.

The pre-operative assessment nurse will do a nursing assessment, which includes recording your blood pressure and a general health check. These are to make sure that you are fit enough to have the anaesthetic and surgery. The nurse will also explain how you need to prepare for your surgery. It is important that you follow the instructions given to you by your doctor or nurse.

Keep the area very clean while it heals, the oral surgeon will inform you on how best to do this.

To help prevent dental disease:

- avoid snacks or acidic drinks between meals
- reduce your refined carbohydrate or sugar intake
- brush twice-daily with fluoride toothpaste





### Guidance for patients whilst waiting for surgery

Whilst you are waiting for your procedure, it is important that you keep as active and medically fit as your condition will allow. Regular exercise and good general health can help to improve your recovery from surgery and reduce the likelihood of further complications developing.

Information on a range of oral health conditions including **wisdom tooth Extraction** can be found on the following website: [Wisdom tooth removal - NHS \(www.nhs.uk\)](http://www.nhs.uk) – also provides general information and outlines a range of available treatment options

### General health and wellbeing information

If you are waiting for a repair of an abdominal wall hernia, it is highly recommended to keep a healthy weight. This would improve your surgery outcome and improve your recovery.

**For more general health advice or guidance on how you can support yourself while waiting to attend the hospital for your treatment, please refer to the “General Health Advice” document on Trust’s section of My Planned Care website:**

[Surrey and Sussex Healthcare NHS Trust – My Planned Care NHS](#)

### What should I do if my health is deteriorating?

If your condition worsens or you have a hernia and develop or experience any of the symptoms listed below; you should go to your nearest A&E straight away:

### 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](http://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.





### Cancelling your appointment or surgery

We understand that some patients may choose to have their appointment and treatment elsewhere, and we advocate patient choice on where you access treatment. However, we do ask that if you no longer require an appointment with us, you notify us at the soonest possible opportunity so that we can remove you from the waiting list. This can be done via telephone or online. **To change or cancel your surgery admission date, please telephone the contact number on your admission letter between 09:00 -16:00 hours Monday to Friday.**

### Contact Us:

To change or cancel your routine outpatient appointments or for further information, please refer to the contact details below:

Call:	Email:	Website:
<b>Surrey &amp; Sussex Healthcare NHS Trust</b>  <b>☎ 01737 231958</b>	<b><u><a href="mailto:sash.pals@nhs.net">sash.pals@nhs.net</a></u></b> For <b>My Planned Care enquiries</b>	<b><u><a href="http://Surreyandsussex.nhs.uk">Surreyandsussex.nhs.uk</a></u></b>

