

Maxillo-facial Surgery & Orthodontics – Surgical Removal of Tooth

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. The guidance has been written in consultation with clinicians who are responsible for your care.

Guidance for Patients

Whilst you are waiting for your tooth or teeth to be extracted, there are some steps you can take to manage any pain. Many mild tooth aches 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. 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 alongside over-the-counter pain relief. 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.

If the tooth ache persists, if your regular dentist cannot see you or you do not have a dentist, an emergency dentist (via 111) will do everything they can to help you the same or next day.

While you are waiting for your extraction it is also important to stay as healthy as you can both physically and mentally. That will help you get the best results in the long term. If you have any long-standing conditions such as high blood pressure you should get this regularly reviewed at your GP surgery to make sure it remains well controlled. This will also help prevent any unnecessary delays when you come for your pre-operative assessment. Maintaining a well-balanced diet is also important, as is reducing any excessive weight that may be impacting on your general health. If you are a current smoker or drink heavily, it would be advisable to seek support to help with stopping.

The NHS website has lots of tools and support to help with the above, all of which are good for your health generally, but if you are due to have an operation, they can also help you to recover more quickly from it.

For help and support with losing weight visit: www.nhs.uk/better-health/lose-weight/

For advice on eating well visit: www.nhs.uk/live-well/eat-well/

For help and support with getting or keeping active visit: www.nhs.uk/better-health/get-active/

For help and support with quitting smoking visit: www.nhs.uk/better-health/quit-smoking/

For help and support with drinking less alcohol visit: www.nhs.uk/better-health/drink-less/

My Planned Care Patient Information Platform

What should I do if my health is deteriorating?

If your symptoms suddenly get significantly worse you should contact your specialist or GP. Symptoms to look out for are:

- The development of an ulcer on the gum / tongue or cheek that does not heal within 3 weeks
- The development of a lump on the gum or elsewhere in the mouth that does not settle after 3 weeks
- The development of a red or white patch on the tongue /gum or cheek that does not heal within 3 weeks
- The development of a lump in the neck that does not decrease in size after 2 weeks

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.

Contact Us

Email : Maxfacsgeneral@somersetft.nhs.uk

Telephone : contact switch on 01823 333444 & ask for DCT on call