

TOOTH EXTRACTION



From time to time tooth extraction may become necessary to remove seriously damaged teeth due to tooth decay, a fractured or broken tooth.

Common causes of Tooth Extraction:

- Deep decay that can not be restored
- A significant chip or crack in the tooth
- An injury to the tooth
- Failed RCT Procedure
- To reduce crowding or to support Orthodontic treatment
- To prepare and make space for a denture
- Impacted Wisdom Tooth

Other Treatment Choices:

- No treatment at all- the dentist will discuss the implications of doing so
- Restorations with fillings if suitable
- Root Canal Treatment if suitable
- For Complex Extractions you may need referral to a specialist in hospital

What does tooth extraction involve?

1. X-rays: to assess whether the tooth can be restored or whether extraction is necessary
2. Local Anaesthesia: Local anaesthesia is administered to the affected tooth
3. Extraction using special dental instruments

Treatment Risks & Limitations:

They might include but are not limited to:

- Pain/ Discomfort with swelling or bruising that may last up to 2 weeks
- Infection of the Extraction site (dry socket) requiring additional treatment or the use of antibiotics
- Bleeding from the extraction site- usually short lived and minimal
- Damage to Nerves running close by- especially in the case of Wisdom tooth extraction
- The tooth root tip may break off in small pieces when the tooth is taken out requiring more surgery or referral to a specialist
- Trauma, Fracture, chipping, or loosening of neighbouring tooth or crown.
- Temporary numbness.
- Change in the bite or jaw joint difficulty (TMJ problems or TMD).
- Reactions to anaesthetics, chemicals or medications.

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POST EXTRACTION CARE

- You should expect some discomfort, bleeding, swelling and bruising for the first 24-48 hours
- Over-the-counter pain relief, such as Ibuprofen or Paracetamol is usually sufficient for discomfort. We recommend you alternate between Paracetamol and Ibuprofen as per the recommended dose.
- A blood clot will form on the extraction site, and this clot is vital to the healing process. To keep the clot intact, avoid touching the extraction site with your tongue or fingers, do not drink liquids through a straw, and do not spit vigorously.
- Blowing your nose or sneezing violently can also dislodge the blood clot and impair healing, so if you have an upper respiratory infection or suffer from allergies, be sure to have the appropriate sinus medication on hand.
- Do not rinse your mouth the day of the surgery or brush or floss next to the extraction site.
- Avoid smoking, drinking alcohol or allowing food particles to pack into the tooth's socket, as these may significantly affect the healing process, increase the risk of infection and amplify pain. Relax and avoid strenuous exercise.

24 hours following the procedure

Begin to eat normally Once the numbness has worn off, you should eat, as nourishment is important to the healing process. Limit your diet to soft foods like yogurt, soft soups, ice cream, or soft-cooked eggs for the first 48 hours.

Antibiotics If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

Reduce Swelling You can rinse gently with warm salty water; gently swish. You should do this 2-3 times each day for the week following the extraction, after breakfast and dinner. This will help reduce swelling and inflammation.

Start Brushing Be sure to brush and floss the other areas of your mouth as you would normally.



If you are concerned and require further advice, or if experience any of the below call us straight away:

- Heavy or increased bleeding
- Pain or swelling that increases or continues beyond two or three days
- A bad taste or odor and discharge in your mouth