

# Patient information

## Dental Extractions/Apicoectomy

### Dental Extractions

Teeth usually need to be removed because they are badly decayed or broken and cannot be repaired or because an infection is present.

Wisdom teeth often need to be removed because there is not enough room in the mouth to accommodate them and they are unable to come into the mouth normally. This is known as 'impacted' wisdom teeth.

### Apicoectomy

An apicoectomy is performed to treat an infection at the tip of the root of a tooth.

To carry out these procedures it may be necessary to make a cut in the gum over the tooth. Sometimes it is necessary to remove some bone around the tooth. The gum is then put back and held in place with stitches.

**If you are having your oral surgery performed under intravenous sedation, you are advised, for 24 hours NOT to:**

- **drive or operate machinery**
- **sign legally binding documents**
- **take sleeping tablets the same evening**
- **You are also advised to have a responsible adult with you overnight.**
- There may be some bruising of the skin of your face that can take up to a fortnight to fade away. Be careful not to bite numb areas of your mouth. It is likely that there will be some discomfort and swelling both on the inside and outside of your mouth after surgery. This is usually worse for the first three days but it may take up to two weeks before all the soreness goes.

- It is advisable to have a supply of simple painkillers such as Paracetamol and Ibuprofen at home. It may also be necessary for you to have a course of antibiotics after the extraction.
- Any stitches will be dissolvable and do not need to be removed.
- It is important to keep the site as clean as possible for the first few weeks after surgery. It may be difficult to clean your teeth around the site because it is sore and if this is the case it is best to keep the area free from food debris by gently rinsing with a mouthwash or warm salt water (dissolve a flat teaspoon of kitchen salt in a cup of warm water).

**Do not rinse out your mouth on the day of surgery as this can cause bleeding.**

- Do not drink hot drinks for 24 hours after your surgery. You may drink lukewarm or cool drinks instead.
- You may also find that your jaw is stiff and you may need to eat a soft diet for a week or so.
- Usually it will be necessary to take a few days off work and avoid strenuous exercise for this time.

**No alcohol or vigorous exercise for 24 hours.**

**No smoking for 3-4 days**

- If you do experience any bleeding, place a clean handkerchief/swab onto the area and apply moderate pressure with a finger or by biting for ½ hour and repeat if necessary for an hour.
- A little oozing is to be expected. It is advisable to cover your pillow with a towel and sleep in a semi-upright position.
- There are two nerves that lie very close to the roots of the lower wisdom teeth. One of these nerves supplies feeling to your lower lip, chin and lower teeth. The other supplies feeling to your tongue and helps with taste. Sometimes these nerves may be bruised when a wisdom tooth is taken out. This can cause tingling or numbness in your lip, chin or tongue, and more rarely altered taste. About one in 10 people will have some tingling or numbness that can last several weeks. Less than one in 100 people will have problems that last more than a year.

These risks may be higher if your tooth is in a difficult position. The surgeon will tell you if you are considered to be at an increased risk.

- After an Apicectomy the gum may shrink back a few months after the surgery as scar tissue forms. This is not normally a problem but if the tooth has been crowned the edge of the crown may become exposed.

If you require any further advice please contact the on-call oral surgery doctor at Ipswich Hospital on 01473 712233 bleep 489

or

Martin Corke Day Surgery Unit on: 01284 713050 between 7.45 am and 8.00 pm Monday to Friday.

or NHS 111

Outpatient appointment: .....  
This will be sent to you.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the disabledgo website link below:*  
<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>