

PRE EXTRACTION INSTRUCTIONS AND ADVICE

What is an extraction?

A tooth which is very decayed, damaged, or loose because of gum disease, may have to be extracted (taken out of your mouth).

Wisdom teeth sometimes have to be extracted if they have come through at an awkward angle and are causing pain or problems.

What will my dentist do?

Some teeth are easier to take out than others. A local anaesthetic (an injection in your mouth) will be used to numb the tooth before it is extracted; this is the best treatment for most patients.

In some cases, for example, nervous patients, or where a tooth might prove difficult to remove, sedation (something to make you drowsy), along with a local anaesthetic, may be used. On rare occasions a general anaesthetic may be considered. If a general anaesthetic is needed, you will have to go to a hospital (you will normally be able to go home the same day).

After working out the best way to take the tooth out, your dentist will discuss with you:

- How to make sure you don't feel the extraction while it is happening.
- Whether you should bring someone with you if you are to have sedation or general anaesthetic and
- When it would be convenient for you to have the tooth removed.

You might also discuss other treatment you need – for example whether you may require a denture, although this will be carried out by your regular dentist.

Before your appointment:

The dentist will advise you of any special measures you need to take – but usually (**unless you are having sedation**):

- You should have something to eat before you attend.
- You should not smoke any cigarettes for at least an hour before your appointment; this time will increase if you are having sedation.
- Your dentist may advise that you take some painkillers before the appointment.
- Take any routine medication as usual.

While the tooth is being taken out:

- You may hear some noise and feel some pressure as the tooth is being eased out – but not any pain.
- You may wish to bring some earphones and listen to music whilst the procedure is carried out.
- Sometimes stitches are put into the gum to help the mouth heal.

Afterwards:

The dentist will give you some written instructions on how to look after your mouth following the appointment.

- You may need a day or so off work to recover, depending on how difficult the extraction was and whether sedation or a general anaesthetic was used.