

My Planned Care Patient Information Platform



Oral Surgery – Tooth Removal

This document is for people who have been seen and assessed by the Oral Surgery team in Hereford as needing a dental extraction. You will have already been seen by a surgeon and your name added to the waiting list.

Not all referrals for tooth removal will be sent to the hospital. Many of these are suitable for a surgeon in primary care and the community.

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 are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Guidance for Patients

Toothache / Dental Pain

If you have sensitivity to hot and cold drinks around a tooth this may be an early sign of inflammation of the pulp (where the blood supply and nerve supply is in the middle of the tooth) and this is often reversible.

Self-management of this condition with pain killers should ease the pain, this is not a condition which requires antibiotics. If there is no improvement in 5 days then contact your local urgent dental care centre or call 111.

If you have a throbbing pain with hot, but gets better with cold and lasts hours and affects sleep you may have inflammation of the pulp which requires treatment such as a root canal - or extraction of the tooth if this is not possible. It is advisable in the first instance to take regular pain killers, this is not a condition which requires antibiotics.

If there is no improvement with this then contact your nearest urgent care dental centre, or call 111.

Pain around a Wisdom Tooth

When wisdom teeth start to erupt, which can be from 17 years upwards, food can often get stuck around the flap of gum partly covering the tooth or the gum gets inflamed causing pain.

It is common for there to be a 'bad smell' bad breath, or sometimes a bad taste.

Usually with local measures this improves and as well as using a warm salt-water mouthwash and it is advisable to take regular pain killers. If there is no improvement, or you start to feel unwell (e.g. temperature, difficulty in

My Planned Care Patient Information Platform

opening your mouth or swallowing, swelling) then you should contact your local urgent dental care centre or call 111.

If you start to develop a fever it can be a sign of infection which may need treatment with antibiotics.

Pain Relief

Most dental pain can be controlled with 'over the counter' pain relief such as paracetamol and ibuprofen. Details of these medications can be discussed with the pharmacist.

Please ensure that you read the information leaflet with the medication and how it may relate to you if you have any other medical conditions or are receiving treatment from a Doctor.

Dental Emergencies

These are those conditions that require contact with a dentist:

- Trauma including facial/oral laceration (cut to your face or inside your mouth) and/or dentoalveolar injuries, e.g. knocking out a permanent tooth
- Oral or facial swelling that is significant and worsening/spreading
- Post-extraction bleeding that you are not able to control with local measures (sitting quietly and biting down firmly on a damp gauze, handkerchief or flannel placed over the socket for 20 minutes)
- Dental conditions that have resulted in acute systemic illness or raised temperature as a result of dental infection Severe trismus (not being able to open your mouth) or difficulty in swallowing
- Mouth or tooth conditions that are likely to worsen other medical conditions such as diabetes

What should I do if my health is deteriorating?

If you need to see a dentist out of hours call a dentist: their voicemail may advise where to obtain out of hours treatment.

Call NHS 111 to find an out of hour's dental service near you

Do not contact a GP, as they will not be able to offer you emergency or out of hour's dental care.

NHS 111 can also offer other self-care 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

If you have severe bleeding, breathing difficulties or chest pains – please dial 999 immediately.

The contents of this information has been reviewed and approved by the Deputy Medical Director for Wye Valley Hospital on 14th April 2022