**INFORMATION LEAFLET AND CONSENT FOR TOOTH EXTRACTION**

**Your guide to having a tooth / teeth removed.**

Having a tooth removed can be a daunting thought, we only recommend this option when there are no other options available to save the tooth

Here are some of the common reasons why teeth are removed:

* Pain
* Abscess
* Tooth decay
* Gum disease
* Prosthetics (false teeth)
* To correct irregular teeth, remove extra teeth or to make space.
* Cosmetic (for appearance)

Usually tooth removal is straightforward and is undertaken under local anaesthetic. Once the anaesthetic has been administered, you should not feel pain during the procedure but you will feel pressure and hear noises.

In some cases, where the teeth and roots are fragile, these can break below the gum line. In such cases, we may either have to refer you to a local specialist (at an additional cost and as a separate referral) or we may have to raise the gum (local surgical procedure) to remove the bone around the roots and to facilitate its removal.

If any stitches are needed these will dissolve in about 2-4 weeks.

**Facts for Consideration**

An extraction involves removing one or more teeth. Depending on their condition, this may require sectioning the teeth or trimming the gum or bone tissue. If any unexpected difficulties occur during treatment, I may refer you to an oral surgeon, who is a specialist in dental surgery.

Once the tooth is extracted, you will have a space that you may want to fill with a fixed or removable appliance. Replacement of missing teeth may be necessary to prevent the drifting of adjacent and/or opposing teeth to maintain function, or for cosmetic appearances. The options of a fixed or a removable appliance will be explained to you.

As in all surgical procedures, extractions may not be perfectly safe. Since each person is unique and responds differently to surgery, the healing process may vary; no guarantees can be made. Most patient will heal within 10-15 days post extraction.

# Benefits of Extraction, Not Limited to the Following:

The proposed treatment should help to relieve your symptoms and may also enable you to proceed with further proposed treatment.

# Risks of Extraction, Not Limited to the Following:

I understand that following treatment I may experience bleeding, pain, swelling, and discomfort for several days, which may be treated with pain medication. It is possible infection can follow extraction and must be treated with antibiotics or other procedures. I will contact the office immediately if symptoms persist or worsen.

I understand that I will receive a local anesthetic and/or other medication. In rare instances patients have a reaction to the anesthetic, which may require emergency medical attention, or find that it reduces their ability to control swallowing. This increases the chance of swallowing foreign objects during treatment. **Depending on the anesthesia and medications administered, I may need a designated driver to take me home.** Rarely, temporary or permanent nerve injury can result from an injection.

I understand that all medications have the potential for accompanying risks, side effects, and drug interactions. Therefore, it is critical that I tell my dentist of all medications I am currently taking and have updated the medication list with the dentist today.

I understand that holding my mouth open during treatment may temporarily leave my jaw feeling stiff and sore and may make it difficult for me to open wide for several days. However, this can occasionally be an indication of a further problem. I must notify your surgery if this or other concerns arise.

I understand that the necessary blood clot that forms in the socket may disintegrate or dislodge. This painful condition, which occurs in about 5% of the cases and is called dry socket, lasts a week or more and is treated by placing a medicated dressing in the tooth socket to aid healing. To protect against developing dry socket I must not smoke, drink through a straw, rinse with water or mouthwash, chew food in that area, or disturb the socket in any way for 24 to 48 hours.

I understand that the instruments used in extracting a tooth may unavoidably chip or damage adjacent teeth, which could require further treatment to restore their appearance or function. This will cost me additional, should this occur.

I understand that **upper posterior teeth** (premolars and molars) have roots that may extend close to the sinuses. Removing these teeth may temporarily leave a small opening into the sinuses. Antibiotics and additional treatment may be needed to prevent a sinus infection and help this opening to close. In some cases, I may have to be referred to the local oral surgery team for a surgical repair of this. If this is referred privately, this will cost additional.

I understand that an extraction may cause a fracture in the surrounding bone. Occasionally, the tooth to be extracted may be fused to the surrounding bone. In both situations, additional treatment is necessary. Bone fragments called “spicules” may arise at the site following extraction and are generally easily removed.

I understand that tooth fragments may be left in the extraction site following treatment due to the condition and position of the tooth/teeth. Generally, this causes no problems, but on rare occasions the fragments become infected and must be removed.

I understand that the nerves that control sensations in my teeth, gums, tongue, lips and chin run through my jaw. Depending on the tooth to be extracted (particularly lower teeth or third molars), occasionally it may be *impossible* to avoid touching, moving, stretching, bruising, cutting or severing a nerve. This could change the normal sensations in any of these areas, causing itching, tingling or burning, intermittent twitching and firing and/or the loss of all sensation. These changes could last from several weeks to several months or in some cases, indefinitely.

# Consequences if No Treatment is Administered, Not Limited to the Following:

# I understand that if no treatment is performed, I may continue to experience symptoms, which could include pain and/or infection, deterioration of the bone surrounding my teeth, changes to my bite, discomfort in my jaw joint, and possibly the premature loss of other teeth.

# Alternative Treatments if Extraction is Not the Only Solution, Not Limited to the Following:

I understand that depending on my diagnosis, alternatives to extraction may exist which involve other disciplines in dentistry. I asked my dentist about them and their respective costs. My questions have been answered to my satisfaction regarding the procedures and their risks, benefits, and costs.

No guarantee or assurance has been given to me by anyone that the proposed treatment or surgery will cure or improve the condition(s) listed above.

I have been given the opportunity to ask questions and I give my consent for the extraction of

tooth number(s) as described above by Dr. .

Pt name

Date:

Signature

**Post-operative care**

What to do today

1. Avoid heavy exercise or physical activities, ensure you take plenty of rest for duration of the day.
2. Do not eat or drink anything hot or cold, until the anaesthetic has worn off. You may burn or chew you lip or tongue.
3. Have a soft, healthy, balanced diet. Remember, the body needs nutrients to speed up the healing process.
4. Do not rinse, or brush your teeth today.
5. You may experience mild bleeding. Apply pressure using a moist gauze for ten minutes. Do not spit out any blood or saliva.
6. Place an ice pack for ten minutes in the area of surgery, then take a ten-minute break. Repeat as many times as you can. Applying ice pack will reduce swelling and bruising over the next few days.
7. Sleep with an extra pillow at night time for the first night.
8. Avoid brushing your teeth tonight
9. Take pain killers on a regular basis, as advised, every 6 hours. Unless you have specific contra indications or allergies, the combination of the following medication works really well:
   1. Paracetamol 1g, four times a day for 5-7 days after the surgery
   2. Ibuprofen 400mg, four times a day, for 5-7 days after the surgery

(Please check with us or your GP if you are unable to take these)

For the next 7 to 10 days

1. You must refrain from brushing your teeth, in the area of the surgery, for a period of 7-10 days. You can continue to clean around the remaining teeth twice a day.
2. I recommend you use Curasept mouthwash twice a day to keep the site free of bacteria. The use of a cotton bud dipped in curasept can be gently used to sweep away and remove any food trapped around the stitches.
3. You may resume brushing normally within 10-14 days after the procedure.
4. You can start eating normally on the next day after the surgery. Avoid hard food stuffs which may damage the area of the surgery. Avoid foods like peanuts or toasted bread as the small crumbs may damage the stitches.
5. If the pain or symptoms you experience are worsening, contact us immediately. It is normal for the pain to take a few days, and in some cases, up to a fortnight, before they completely subside.
6. You may experience some swelling and/or bruising around the skin on your face. I recommend using an ice pack on the face around the operation site for 5-10 minutes every hour on the day of the surgery, and at least 3 - 4 times starting the next day for a period of 3-5 days.
7. Bruising can occur in some patients and may only start after day 3 of the procedure. This may subside within the next two weeks. If you have any concerns, please do not hesitate to contact us.
8. The use of warm salt water mouth rinses, at least 3-4 times a day, MUST be used to help control the swelling and infection. This should be continues until your next visit with myself (or fortnight).
9. Avoid altitude change like flying or swimming for the next 10 days
10. Do not smoke for the next 3 weeks. Smoking significantly affects any healing and has in increased risk of infections in the wound/surgical sites.
11. In the unlikely event of excessive bleeding, please contact us at the practice during working hours or your local A&E.

Medications

* If prescribed, take antibiotics as advised.
* Take painkillers every 6 hours without breaking the cycle. You may stop taking painkillers the morning when you wake up without pain
* Do not be alarmed if there is bruising
* Contact us if pain persists or you feel like there is pus/swelling building up

**In case of an unexpected emergency:**

* + **During working hours, please contact the practice on the telephone number above**
  + **During non-working hours, please contact us on the email address above, including your Full name, contact telephone number an indication of the problem experienced. We will endeavour to contact you as soon as we receive the message.**
  + **In the rare event if you develop a rash, itchiness and swelling,  please stop any medications and seek immediate medical attention. If any symptoms resulting in difficulties in breathing, please stop any medications prescribed by us and visit the A&E immediately.**