

## **Oral Surgery in Dubai**

### **FREQUENTLY ASKED QUESTIONS**

#### **Why am I being referred to Dr Samy?**

Some dentists happily perform extractions and surgical procedures. Others prefer for their patients to be managed by experts in the field. Dr Samy is a specialist in oral surgery and a Consultant in UK. When in UK, he sees approximately 20 patients a day, all needing oral surgery. He therefore has a level of experience in oral surgery that is unrivalled in Dubai.

#### **Where does Dr Samy see patients?**

Dr Samy is based between UK and Dubai. When in Dubai, Dr Samy sees patients at Somerset Clinic in Dubai Healthcare City. When in London, Dr Samy sees patients at Dakatra, near Canada Water, and Specialist Dental Services in Harley Street.

#### **Where will I be seen?**

Dr Samy sees his patients at Somerset Clinic, a small boutique British run clinic that shares his vision that healthcare should be patient-centred. The owner of the clinic is a Paediatrician so don't be surprised if you happen to be sat in a waiting room full of children!

#### **So am I not going to a hospital?**

No, not in the outset. The greatest majority of oral surgery procedures can be performed in the dental setting under local anaesthesia. However, if a general anaesthetic is deemed appropriate then Dr Samy will make arrangements to see you in a hospital. The first appointment for an assessment will always be at a clinic.

#### **Do I need a consultation first?**

Yes, Dr Samy will need to familiarise himself with your condition by asking a series of relevant questions then performing a careful examination that is often followed by selecting the most appropriate x-ray that will then need carefully interpreting. Most importantly, a consent process then occurs where the details of your condition and proposed treatment plan is carefully explained to you, and you are invited to ask any questions.

#### **My referrer has already decided what I need. Do I still need a consultation?**

Yes, Dr Samy cannot rely on what others have already decided and must independently perform a full assessment and conduct a thorough consent process. If another healthcare provider has referred to Dr Samy then they have asked Dr Samy to take full responsibility for the condition and procedure in question. As a leading expert in his field, Dr Samy does not carry out treatments decided upon by others.

#### **Can I have my treatment at the same appointment as my consultation?**

That is often possible, and Dr Samy will give you this option if it is feasible. There are times however when surgery will need to be performed at a different sitting and Dr Samy will explain the reasons for this if it is indeed the case. The assessment process will reveal reasons for same-day or subsequent visit surgery, and it is only when such an assessment is completed that Dr Samy will be in a position to explain the options.

## **Does surgery hurt?**

No of course not, once the anaesthetic is in. Dr Samy uses a fast-acting local anaesthetic and will make sure you are fully numb before starting any treatment. You may feel pushing, leaning, and pressure but you will feel no pain during the procedure. He will advise you on the appropriate use of painkillers such as paracetamol or ibuprofen for when the numbness wears off. The area will be sore for a few days after the procedure whilst it is healing. This is to be expected, exactly as it would be if you were having surgery anywhere in your body.

## **Do I need to stop taking my medication?**

No, you MUST NOT stop taking any of your prescribed medication unless specifically asked to by Dr Samy.

## **What should I expect during an oral surgery procedure?**

Most oral surgery procedures can be completed within 45 minutes. The majority take even less time.

You will initially be made numb with a number of small scratches in the gum as necessary. Dr Samy will first ensure you are numb before embarking on the procedure. It is normal to feel a substantial amount of pressure and pushing, however it is not sharp and does not hurt. If it does, then you must inform Dr Samy so that the numbness can be maintained.

Sometimes, opening the gum may be necessary to access the site of surgery. This feels no different. A machine that vibrates and sprays water may then be used. Once the procedure is completed, the gum will be placed back in position with stitches. Unless informed otherwise, you can assume that dissolvable stitches have been used, so there would be no need for you to return to have them removed.

## **What are the potential risks and complications of oral surgery?**

Complications are rare and therefore should not necessarily be expected, but it is important to recognise that they are possible. As is the case with any intervention, the risks and benefits must be carefully considered prior to proceeding with surgery.

Procedures involving lower teeth may rarely cause trauma to a nerve that runs through the lower jaw and supplies the lip, chin, gums and tongue with feeling. This may result in an altered sensation of any of these areas, which could be anything ranging from numbness, tingling, pins and needles, burning, or even pain. In most cases, the feeling returns to normal eventually, but very rarely, the effect may be permanent. Dr Samy will discuss this in more detail with you, including the relative chances of it affecting you in particular. In the greatest majority of people, it is reasonable to expect that nothing untoward will happen at all.

Procedures involving upper back teeth may affect your sinuses, which lie just above the teeth. Sometimes, a small opening occurs between the mouth and the sinus, which tends to heal spontaneously depending on its size. If it doesn't, it can be managed with another small surgical procedure involving stretching the gum across the opening.

Operating on a tooth requires leaning on the adjacent tooth. If this is heavily restored or has a crown, or is decayed and fragile, then there is a susceptibility for the tooth to fracture or the restoration to be dislodged. This would then require you to return to your dentist for further management.

Working on your back teeth involves stretching your lips so it is not uncommon for them to be a little sore or chapped after the procedure. A little Vaseline will help.

Smokers and patients on particular medications may have delayed healing and susceptibility to infections. Dr Samy will discuss the relevance of this to you.

## **Will I be knocked out/put to sleep?**

Most oral surgery treatments can be carried out under local anaesthetic (a small scratch inside the mouth, similar to what you'd expect with a normal dental procedure such as a filling). There is rarely any reason why a general anaesthetic (putting you to sleep) would be necessary for a minor oral surgery procedure, and often the risks of this type of anaesthetic far outweigh the need for it in such a scenario. People are often surprised at the ease of this type of procedure. As you are being seen by an oral surgeon, you are in exceptionally skilled hands. Oral surgery is what Dr Samy does day-in-day-out.

If you are nervous at all or would prefer not to be aware of the procedure, then Dr Samy may be able to offer you sedation. This is a drug that goes through a piece of plastic in your arm rendering you drowsy and unaware of your surroundings during which time Dr Samy can complete the procedure. Dr Samy is apparently the only dentist in UAE that performs this form of treatment in dental practice as he has a post-graduate university diploma in the field.

Ultimately, if you do want to be rendered unconscious with a general anaesthetic then Dr Samy may be in a position to offer this and will liaise with a local hospital for you to be treated there.

## **How long will the treatment take?**

We suggest you allow yourself up to 2 hours at the location. This does not mean you will be undergoing treatment for this whole time. It is to allow for any commonly occurring unscheduled delays we sometimes have in our day such as having to accept extra emergency patients. Generally, you will be in the treatment room for no longer than 30 minutes. We try our best to keep clinics running to time, however sometimes delays do occur. In some cases, we may ask you to sit and wait following your procedure to monitor your recovery. Dr Samy's field of dentistry is very similar to A&E, where you are asked to come at a certain time, and you will be called in sometime over the following two hours. Please bring some light entertainment such as some interesting reading material with you to use while you are waiting.

## **What should I expect after my surgery?**

Dr Samy will not discharge you until satisfied that there are no concerns such as bleeding and will provide you instructions on how to take care of your mouth during the healing phase.

The jawbone is no different from any other bone in your body, so as you would expect with an operation on any bone, such as in your leg or arm, there may be a degree of discomfort after the procedure. This is normally readily controlled with simple painkillers such as Ibuprofen and Paracetamol. Swelling, bruising and stiffness of the jaw are not uncommon. If you are in doubt on if the discomfort, swelling or bruising is to be expected, ask yourself if it is about the same as what you would expect if you had surgery on any other bone in your body such as your leg or arm. If it is about the same then chances are, it is normal.

## **Will I be able to drive afterwards?**

If your procedure is being carried out under local anaesthetic (a small scratch inside the mouth, the same as you'd expect with a normal dental procedure such as a filling), then you will be fine to drive afterwards. If you are being sedated, then you must not drive and must bring a responsible adult escort with you.

## **Do I need to bring someone with me?**

If your procedure is being carried out under local anaesthetic (a small scratch inside the mouth, the same as you'd expect with a normal dental procedure such as a filling), you will be fine to leave unescorted. If you want to bring someone with you for support, you are very welcome to do so. If you are receiving sedation for your treatment, then you **MUST** bring an adult responsible escort with you that must not be responsible for any other dependents such as children and must be prepared to care for you for the 24 hours that follow treatment.

## **What is the recovery time?**

Most people are fine to return to their normal activities straight away, however we will ask you to take it easy for the first 48 hours to help the healing process, so you will need to avoid strenuous activity during this time. It is reasonable to expect some discomfort for the first few days and this can be managed with over-the-counter pain-control medication.

## **Should I take time off work?**

It depends what you do for a job. If you have a very physical strenuous job, it would be advisable to take the following day off. If your job requires face to face interactions or lots of talking then you may wish to have a day off to recover. Most people are fine to return to work relatively quickly, but you may just want to see how you feel.

## **Will I need to see Dr Samy again after my treatment?**

In most cases, a follow-up appointment is not required. If stitches are used, they would normally be of the dissolvable type so there would be no need to return to have them removed.

## **I am travelling soon. Will I be okay to fly?**

In most cases it is fine to fly after treatment. Only in advanced cases of surgery involving upper teeth could you possibly have involvement of your sinuses therefore may get sinus pain when experiencing pressure changes in an aeroplane. Please discuss this with Dr Samy at your appointment.

## **What if I need to change or cancel my appointment?**

That's no problem. Please let us know by calling 043612404 or by whatsapp 0558129345 or by e-mailing [reception@somersetclinic.ae](mailto:reception@somersetclinic.ae) and we'll re-arrange everything to your convenience. Please do give us at least 24 hours notice though, as this will give an opportunity for other patients to be offered your slot.

## **How can I offer an opinion?**

Dr Samy always welcomes feedback and suggestions at any time during your care. Patients often wish to be filmed for a brief video recording to inform other patients of their experience. If you would like to volunteer for a quick interview, it would be greatly appreciated, so please do let us know at any time. We do not use patients' names when filming.

## **How can I contact Dr Samy?**

If you have any questions or concerns, please contact Somerset Clinic on 043612404 or by whatsapp 0558129345 or by e-mailing [reception@somersetclinic.ae](mailto:reception@somersetclinic.ae)

## **How can I get further information?**

By visiting Dr Samy's website on [www.samydarwish.com](http://www.samydarwish.com)