

# **ORAL SURGERY – PATIENT INFORMATION**

**Dr Samy**

**BSc BDS MFDRCS DipDSed MSc MClinDent MRDRCS LLM FDSRCS**

**Oral Surgeon – Periodontist – Sedationist**

**UK & Dubai**

## **PROFILE**



**Born in UK of Middle Eastern parents**

**Fluent in English and Arabic**

**Undergraduate and Postgraduate dental training in London**

**Teacher and Trainer**

**Qualified in Law**

**Consultant & Specialist in both Oral Surgery and Periodontology**

**Can treat patients under Local Anaesthetic, Intravenous Sedation or  
General Anaesthetic**

## **SERVICES OFFERED**

Tooth removal

Impacted wisdom teeth

Root apex surgery

Orthodontic exposures

Jaw joint problems

Facial pain

Gum diseases

Crown lengthening

Bone augmentation

White and red patches

Mouth ulcers

Polyps/lumps/bumps

Salivary stones

Oral cancer detection

Biopsies

Sedation

If you touched any other part of your body with a brush, and it bled, would you ignore it?



**BLEEDING = DISEASE**

Get your gum disease checked and treated by  
Dr Samy and his team

# ORAL SURGERY – PATIENT INFORMATION

Examples of oral surgery procedures may include removal broken or decayed teeth, removal of retained roots of teeth, removal of impacted wisdom teeth, removal of soft lumps and bumps or surgical root canal treatments through the apices of teeth.

The following information is generic and may not necessarily be relevant to the procedure that is planned for you.

I fully expect that your appointment will go very smoothly.

## **Before your appointment**

Your allocated time is an **ARRIVAL TIME**, and not necessarily the time that you will be seen. There are a number of arrangements that are required before your treatment can start, so please arrive on time.

Have a light meal before you arrive, unless instructed otherwise.

You should inform me of any allergies you have and any medical conditions you have ever been diagnosed with, even if you believe that they are not relevant to your treatment.

Take all your regular medications as normal, unless instructed otherwise.

Bring a list of any medications that you take, and if you have had any blood tests within the few days prior to your appointment, bring the results with you.

If you have previously had any x-rays taken at another provider, it may be helpful if you could ask for a copy and bring it with you.

Patients having treatment under local anaesthetic alone may drive to and from their appointments.

## **Before the procedure**

I will see you and make a full assessment and discuss everything with you. You must take this opportunity to ask all questions that you may have. You must ensure that you understand everything before agreeing for the surgical procedure to be performed. Once you have given me permission to treat you, we will sign a consent form together.

## **Estimate**

The admin staff will fully inform you of the costs of the care you will be receiving, and discuss any insurance arrangements if appropriate. Please ensure that you are happy with this and have had all your questions answered before you agree to go ahead with the treatment.

## **Dental Implants**

If replacing an extracted tooth with a dental implant is something that interests you, please inform me prior to the procedure, as it will necessitate a slightly different surgical technique.

## **Sedation**

Most oral surgery procedures are easily completed under local anaesthesia alone and there is no pain following the administration of the anaesthetic. If, despite this, you feel you may need sedation, then please let me know. This would involve a drug being administered through a small plastic tube in your arm that makes you relaxed, breaks down anxiety, and renders you blissfully unaware of what is happening around you.

## **The 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. I 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 me 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 I have used dissolvable stitches, so there would be no need for you to return to have them removed.

## **After the procedure**

I will not discharge you until satisfied that there are no concerns such as bleeding. I 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 small 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.

## **Potential risks and complications**

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. I 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. I will discuss the relevance of this to you.

## **Questions**

You should always feel free to ask any questions, before, during or after your procedure. I am here to take care of you and you are fully in control of everything that happens.

# **INSTRUCTIONS FOLLOWING ORAL SURGERY**

## **Local Anaesthetic**

The local anaesthetic will make you feel numb for at least a couple of hours. Beware not to eat or drink something hot as you will not be able to judge temperature and may scald yourself.

Don't be tempted to chew or touch the numb area

## **Eating**

You may eat and drink as normal but you may choose to eat food that is easier to chew. A liquid diet is unnecessary but eating crunchy foods may be uncomfortable and disrupt the surgical site. You must avoid hot food and drink for the first day.

## **Surgical site**

The surgical site immediately forms a blood clot, which is the first phase of healing. It is important you do not dislodge this blood clot so that the healing is not disturbed. Therefore, do not rinse your mouth out or touch the area for the rest of the day in order to leave the blood clot in place. Brush your teeth as normal but avoid the surgical area and you may choose to dribble the water rather than spit it out.

## **Keeping the area clean**

From the day after surgery, the blood clot should be more secure so you should keep the area clean by rinsing gently with either lukewarm salty water or any mouthwash of your choice. The advised time to do this is after you eat any food in order to wash the debris from the area. I may advise you to use a specific mouthwash but this is not normally necessary.

## **Stitches**

You may have had stitches in your gum. Unless I have informed you otherwise, you can assume they dissolve. This may take up to 3 weeks.

## **Bleeding**

A little bleeding is not uncommon and is of no concern. Sleep with a towel over your pillow on the day of surgery in case you dribble a little blood. Your saliva may be stained pink from the blood clot. Don't be concerned by confusing this with actual bleeding. Profuse bleeding that gushes or fills your mouth is very unlikely and should be managed by tightly placing some kitchen roll or the gauze provided and biting extremely hard on it for at least 20 minutes. Firm pressure almost always stops bleeding. If it doesn't, then you should contact the clinic.

## **Pain relief**

Surgery on any area of the body may cause some discomfort afterwards in much the same way as you would expect after any other operation. It is therefore advisable to take painkillers before the numbness wears off. The jawbone would heal in a similar way to your leg or arm or any other part of your body after an operation. Don't be surprised or concerned by this.

The discomfort should be managed by taking regular painkillers such as Paracetamol or Ibuprofen, if your medical history allows it. If you are taking any medication, please confirm with me that routine painkillers are appropriate for you to take.

Ibuprofen reduces swelling as well as treating discomfort. Although these medications can be taken together, it is advisable to take them at different times in order for the effect to occur more frequently.

## **Physical activity**

This should be kept to a minimum as it exacerbates bleeding.

## **Smoking**

Smoking delays healing and if this occurs, it is more likely that you get an infection called a "dry socket". Infection and poor healing can be very painful so try your best not to smoke until the healing is complete in an attempt to prevent this.

## **Teeth replacement**

Teeth that are removed may not necessarily need replacing. You may find that you quickly adapt with the way you chew and look. If however you are interested in replacing lost teeth, your dentist may discuss the options with you, which may include dentures, bridges, or implants.

Dental implants are titanium-based rods that are placed in your jawbone, upon which a tooth looking crown is attached, in order to have a fixed option to replace your lost tooth. Oral surgeons are experts in this field of dentistry, so if dental implants interest you, please let me know, and I would be happy to liaise with your dentist and assess if this form of treatment is appropriate for you.

## **Feedback and Testimonials**

I welcome feedback 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 me know at any time. Obviously, you are under no obligation whatsoever to do so. I do not use patients' names when filming.

## **Questions**

Please feel free to ask any questions at any stage.