

Oral Surgery & Dental Procedures



What is Oral Surgery?

Oral surgery is any procedure that involves cutting into or removing tissue from your mouth. It includes procedures like removing a tooth, gum surgery, and getting dental implants. Oral surgery also includes getting rid of diseased tissue from the mouth, correcting jaw problems, or repairing a cleft lip or palate.

Symptoms

- Bad breath that won't go away
- Red or swollen gums
- Tender or bleeding gums
- Painful chewing
- Loose teeth
- Sensitive teeth
- Receding gums or longer appearing teeth

Causes

Our mouths are full of bacteria. These bacteria, along with mucus and other particles, constantly form a sticky, colorless “plaque” on teeth. Brushing and flossing help get rid of plaque. Plaque that is not removed can harden and form “tartar” that brushing doesn't clean. Only a professional cleaning by a dentist or dental hygienist can remove tartar.

Risk Factors for Dental procedure

- **Smoking.** Need another reason to quit smoking? Smoking is one of the most significant risk factors associated with the development of gum disease. Additionally, smoking can lower the chances for successful treatment.
- **Hormonal changes in girls/women.** These changes can make gums more sensitive and make it easier for gingivitis to develop.
- **Diabetes.** People with diabetes are at higher risk for developing infections, including gum disease.
- **Other illnesses.** Diseases like cancer or AIDS and their treatments can also negatively affect the health of gums.
- **Medications.** There are hundreds of prescription and over the counter medications that can reduce the flow of saliva, which has a protective effect on the mouth. Without enough saliva, the mouth is vulnerable to infections such as gum disease. And some medicines can cause abnormal overgrowth of the gum tissue; this can make it difficult to keep teeth and gums clean.
- **Genetic susceptibility.** Some people are more prone to severe gum disease than others.

Treatment

1.] Self-help

Your infection may be mild and you may not need treatment. There are several things you can do to help yourself feel better.

- Rest in a quiet, warm place and try to sleep.
- Ensure you drink enough fluids as dehydration can make you feel worse.
- Sucking throat pastilles which contain a mild anaesthetic may help to soothe your throat.
- Gargling with salt water may ease the pain in your throat.
- Brush your teeth twice a day (with fluoride toothpaste).
- Floss regularly to remove plaque from between teeth. Or use a device such as a special brush or wooden or plastic pick recommended by a dental professional.
- Visit the dentist routinely for a check-up and professional cleaning.
- Don't smoke

2.] Medicines

Benzydamine hydrochloride spray helps to relieve pain associated with Dental procedure. Before taking any medicines ask your pharmacist for advice. Follow the instructions in the patient information leaflet that comes with the medicine.