



Tooth extraction close to the sinus

The root endings of the upper molars are located close to or in the maxillary sinus (pockets of air behind the cheek bones). On occasion when the tooth is extracted it can cause a communication with the sinus and the mouth this is usually why your dentist will refer you to have the tooth extracted by a dentist who has a specialist skill in this department to help prevent this from happening.

If this unfortunately does happen there are ways to help the sinus heal and by having the procedure done by a specialist they are able to spot the signs to fix.

Tooth removal

Before the procedure the process will be explained to you and once you are fully informed you will be asked to sign a consent form.

You will be given a local anaesthetic injection to numb the area around the tooth. You may also be given a sedative to help you relax during the procedure. This is something that you will have discussed at a separate appointment prior to your treatment.

General anaesthetic is rarely used for tooth removal but in some cases is used. This is always carried out in a hospital setting.

You will still feel pressure during the procedure, this is normal and is just the movement of the tooth as it is loosened from the socket.

You shouldn't feel pain as your tooth is removed. If at any point you do, let the dentist know and more local anaesthetic can be given.

Sometimes a small incision in the gum is necessary to help create more space for the tooth to be removed. If an incision is made then dissolvable stitches are used to seal the gum. They don't need to be taken out they should dissolve within a week to 10 days.

The tooth may also be cut into smaller pieces using a drill during treatment to make it easier to remove.

If there is a communication between the sinus and mouth dissolvable packing is placed in the socket to close the gap and dissolvable stitches are used to keep it in place.

If there is no communication the dentist will place some gauze over the site and ask you to bite down on it to create some pressure around the socket. This will allow a blood clot to form in the now empty socket. The blood clot is part of the healing process and it's important to try not to dislodge it.

After Surgery

Sometimes the procedure can leave you with some discomfort it is usually worse for the first 3 days after the treatment but can last up to 2 weeks.

You may also have:

- **A stiff sore jaw** – this should wear off within 7-10 days
- **Pain** – Regular pain relief can help manage pain
- **A swollen mouth and cheeks** – applying a cold compress to the area can help reduce swelling.
- **Some mild bruising of your cheek**- you can be bruised for up to 2 weeks.
- **An unpleasant taste in your mouth.**

As with all surgery there are risks. Risks associated with removing a tooth include infection or delayed healing both of which are more likely if you smoke during your recovery.

Another possible complication is "Dry Socket". This is a dull ache in your gum or jaw and sometimes can leave a bad taste or smell in your mouth. This is more common if you don't follow the after-care instructions given by your dentist.

For 24 hours after treatment you should avoid:

- **Rinsing your mouth out with liquid**
- **Drinking alcohol**
- **Smoking**
- **Strenuous physical activity**
- **Blowing your nose** - if a communication has been made the pressure can cause the hole to reopen. If you can wipe or blot with a tissue this would be better. It is also common to find blood for a few days after when wiping your nose.

- **Holding a sneeze in** - by opening your mouth while sneezing it allows less pressure to be put onto the sinuses.
- **Air travel for 72 hours.**

To aid your recovery it can be beneficial to:

Use painkillers - such as paracetamol and ibuprofen (always read manufactures dosage instructions).

Take the full course of any prescribed antibiotics that your dentist may have given you.

Use an extra pillow to help support your head at night

Eat soft foods for the next few days and let any hot liquids cool down before consumption

Gently rinse the extraction site with warm salt water – 1 tea spoon in a glass of warm water or antiseptic mouth wash after 24 hours for the next few days after food.

If after treatment you have any concerns or have any questions please contact:

Main reception (Monday – Friday) - 0161 962 7465

Mos referral Office Monday – Friday) – 0161 302 1584

Out of hours – 0161 337 2246