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### Dental Extraction – Post Operative wellness Survey

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**Abstract:** Dental extraction has an psychological influence on the patients both before and after the surgery. It is always a delicate task in the hands of dentists to prepare the patients before any dental extraction procedure and it is also critical to provide appropriate expectations of the discomfort the patients would experience and the oral hygiene process that they should follow. This study aims at addressing this by studying the nature of discomfort and impact patients going through post extraction and uses the factual data to appraise the patients. Therefore, the main objective of this study is to primarily assure patients that there will only be minimal impact caused by non-surgical means for routine dental extractions. The results and outcome of our study has proved this specific point and provide good insight into this study area.

**Keywords:** Dental Extraction, Post Operative wellness.

#### Introduction:

Dental extractions always cause apprehensions with patients both in terms of pain they have to endure and the post extraction impact they would experience. It is due to various factors including the psychological influence that patient goes through before and after surgery. It is always a delicate but important task in the hands of dentists to prepare the patients before any dental extraction procedure and it is also critical to provide appropriate expectations of the discomfort the patients would experience and the oral hygiene process that they should follow.

This study is Routine tooth extraction have been widely reported in medical literature. Routine extraction is common procedure among patients due to tooth decay, periodontal problems etc <sup>[1][2][3]</sup>. There is a certain period of time post extraction that most of the patients would experience discomfort food accumulation at that site, pain, swelling etc, and some times this also lead to duty impairment.

Therefore, it is critical that every patient should be informed prior to extraction about post operative complications which affect their quality of life. The study on this subject mainly helps to understand the occurrence, prevalence and distribution of different types of discomfort, thus providing a factual understanding and provide insight and helps to authentically prepare patients.

#### Key articles

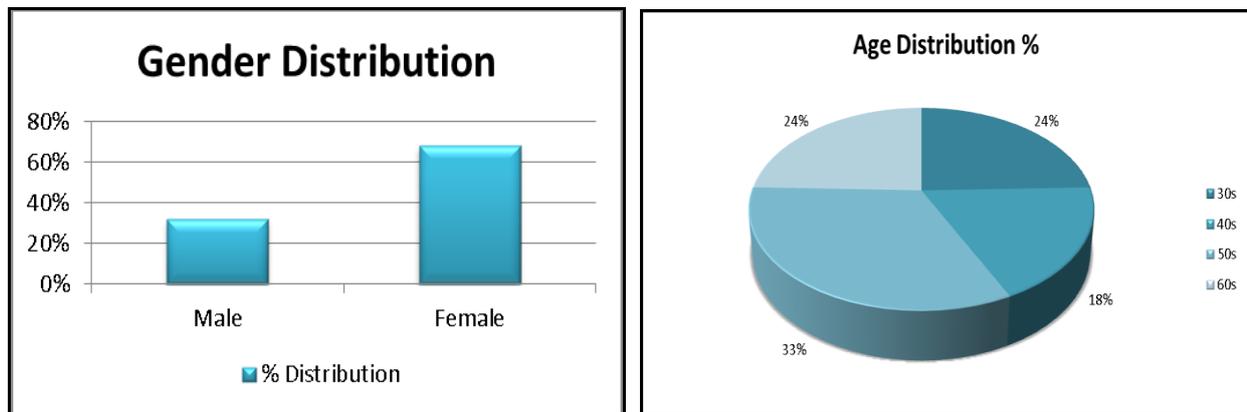
1. "Oral Health-Related quality of life following non-surgical (routine) tooth extraction: A Pilot Study" by Wasiu L. Adeyemo, Olanrewaju A. Taiwo, Olabisi H. Oderinu, Moshood F. Adeyemi, Akinola L. Ladeinde, and Mobolanle O. Ogunlewe<sup>[1]</sup>

2. Patients' perceptions of recovery after routine extraction of healthy premolars Gavriel Chaushu, a Adrian Becker, b Rafael Zeltser, c Naomi Vasker, d Ari Branski, and Stella Chaushu<sup>[9]</sup>

**Materials and methods:**

**Target Population:**

There were 100 patients of age 30 to 70 years subjected for this study. Among this 32 % are males and 68 % are females. In these subjects 28% experience duty impairment, 12% had pain at the extraction site, 4% patient had numbness, 2% had speech complication, 8% had difficulty in eating, 34% patients experienced food accumulation at the extracted site, 18% had difficulty in maintaining oral hygiene, 10% had fever after extraction, 16% complaints of change in physical appearance due to swelling. Among this 44% patients had combinations of 2 or more complications. And there were 42% patients who doesn't have any complications and can maintain the normal lifestyle .



**Study Methodology**

Patients who were reported to saveetha dental college are scheduled for extraction due to mobility, carious tooth and miscellaneous causes were subjected for this study. Patients oral concern were taken before subjected into this study. Patients' general information such as name, age, sex, phone number was collected and other data such as patient registration number, indication for extraction, number of tooth to be extracted are also recorded. Patients health condition was examined prior to extraction. Extraction was done under local anesthesia. After extraction, a questionnaire<sup>[4][5][6][7][8]</sup> which consists of 20 questions were given on 3rd day post operatively<sup>[1]</sup>. The questions were made as yes or no type questions to simplify the survey and reduce the time taken for responses.

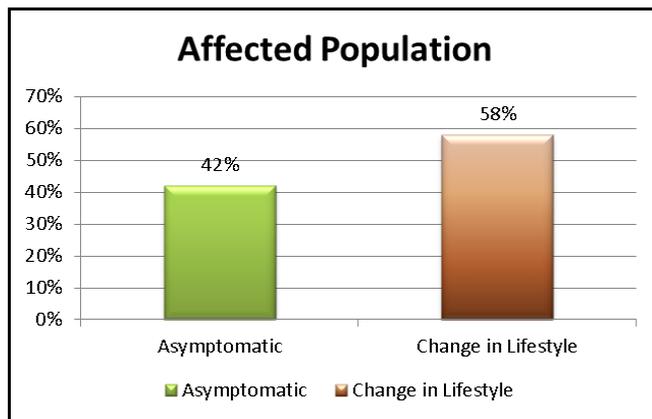
**Questionnaire:**

1	Does patient experiences any discomfort in his normal lifestyle after dental extraction?	Yes/No
2	Does patient has any pain in the extraction site?	Yes/No
3	Does patient feels any change in his physical appearance?	Yes/No
4	Does patient experiences any discomfort in opening his mouth?	Yes/No
5	Any discharge from the extraction site?	Yes/No
6	Patient experiences numbness after dental extraction?	Yes/No
7	Does patient has altered taste sensation after extraction?	Yes/No
8	Does patient experiences speech discomfort after dental extraction?	Yes/No
9	Does patient experiences sleep impairment after dental extraction?	Yes/No
10	Does patient experiences deviation on opening and closing of mouth?	Yes/No
11	Does patient has any discomfort during eating?	Yes/No
12	Does patient experiences food accumulation on the extraction site?	Yes/No
13	Does patient has any itching or burning sensation at the site of extraction?	Yes/No
14	Does patient experiences mouth ulcer or allergic reactions after dental extraction?	Yes/No
15	Does patient experiences headache or ear pain after dental extraction?	Yes/No

16	Does patient experiences bad odor after dental extraction?	Yes/No
17	Does patient experiences any difficulty in maintainence of oral hygiene?	Yes/No
18	Does patient experienced fever after dental extraction?	Yes/No
19	Does patient experience vomiting sensation after the course of dental extraction?	Yes/No
20	Does patient experience any delay in wound healing process?	Yes/No

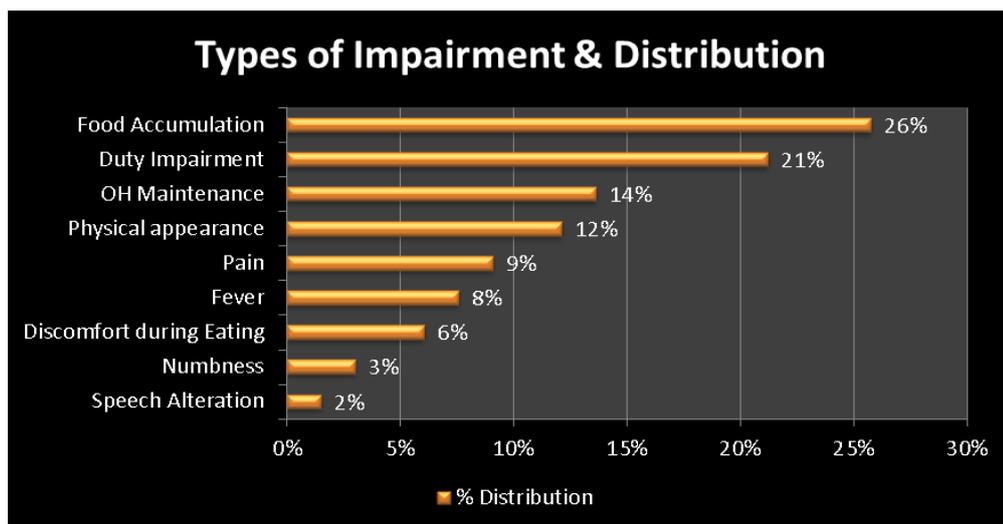
### Results and Discussions

In the survey conducted 58% experienced change in lifestyle due to 42% were Asymptomatic.



Out of the 58% experienced discomfort, 21% had reported that they had duty impairment. On further discussions with this 21% of the subjects, it is found that that majority of duty impairment is more on their psychological influence (78%) and the remaining were mainly due to their nature of work (industrial workers, farmers, etc).

Further, the major discomfort experienced by patients was Food Accumulation in the extraction site(26%) followed by Oral Hygene Maintenance (16%). There were few other impairment and discomfort reported are illustrated in the below chart.



### Discussion

Therefore, informing patients about the post operative complications prior to treatment is mandatory. In our study the patients are most commonly affected by food accumulation at the Extraction site and duty impairment.

Oral Health-Related quality of life following non-surgical (routine)tooth extraction: A Pilot Study” by Wasiu L. Adeyemo, Olanrewaju A. Taiwo,<sup>1</sup> Olabisi H. Oderinu,<sup>2</sup> Moshood F. Adeyemi,<sup>3</sup> Akinola L. Ladeinde, and Mobolanle O. Ogunlewe<sup>[1]</sup>, in this study they concluded saying that commonly patients experiences eating difficulties, But in our study patient only a few patients experience difficulty in eating. Patients’ perceptions of recovery after routine extraction of healthy premolars. Gavriel Chaushu, a Adrian Becker, b Rafael Zeltser, c Naomi Vasker, d Sari Branski, d and Stella Chaushu<sup>[9]</sup>, in this study they concluded that patients have pain in 1st POD and decreased on 3rd POD,in our study only some percentage of population reported about pain at the extraction site on the 3rd POD

## Conclusion

Patients should be well informed that they may experience food accumulation at the extraction site after the extraction and instructions should be given for maintaining oral hygiene. Patients should be made aware that they may face duty impairment and help them to cope with it.

We conclude that food accumulation, oral hygiene maintenance and duty impairment should also be included in pre operative instructions

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9. Patients’ perceptions of recovery after routine extraction of healthy premolars Gavriel Chaushu, a Adrian Becker, b RafaelZeltser, c NaomiVasker, d SariBranski, and Stella Chaushu.

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