Removing a Tooth
The dentist will explain what will happen. They will give you one or more injections in your mouth. This may hurt a little, but your mouth will soon feel numb.

The dentist will take out the tooth. There will be a pushing and pulling feeling.

There may be some noise as the tooth comes out. It is a cracking, popping noise.
The dentist will ask you to bite on a pack of cotton wool. This will stop your gum bleeding.

Your face will feel strange and numb for about 2 hours.

While you recover:
• Rest when you get home.
• Try not to bite your lip or drink hot drinks while you are still numb.
• Don’t rinse your mouth for 1 day.
• Try not to smoke for 1 week.
• Your mouth will be sore. Have some painkillers like paracetamol or ibuprofen ready.
Things you can do if you are worried about your appointment:

**Support.** Bring someone you trust.

**Music.** Bring your favourite music on an iPod or MP3 player.

**Ask.** Ask us questions about your treatment.

**Stop!** If you want the treatment to stop at any time, raise your hand.

**Visit.** You can arrange a visit to the department to look around before you come for your appointment.

Things we will do to help you to feel relaxed:

- We will explain everything to you.
- We will give you plenty of time.
- We make sure that you are in control of your treatment.

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