

# Direct Access Services - Excision of Impacted Teeth

## About Direct Access Services

Direct Access Services is a programme by Woodlands Health (WH) that allows patients seeking medical attention at primary care facilities to have direct referral access to endoscopy, minor surgery, and advanced imaging, bypassing the need for a consultation with a specialist.

## Why Am I Being Referred for this Procedure?

Based on your symptoms, your doctor has referred you for a minor procedure known as 'excision of impacted teeth'. Information about this procedure can be found on pages 3 and 4.



## What to Expect

1

### Before Procedure

- Your doctor confirms your eligibility for the procedure.
- You may either call WH's Dental Surgery to schedule an appointment or visit the clinic as a walk-in:



#### Call to make an appointment

6363 3131

Mon - Fri: 8am to 8pm

Sat, Sun and PH: 8am to 2pm

#### Walk-in to WH Dental Surgery Clinic

Woodlands Health Campus

Tower C, Level 1

Mon - Fri: 8.30am to 5.30pm

Sat, Sun and PH: Closed

2

### Procedure Day

- Arrive at the Dental Surgery Clinic at Woodlands Health Campus, Tower C, Level 1.
- A doctor will conduct a screening check and seek your consent before the procedure.



3

### After Procedure

- A WH staff will advise you on next steps including booking of a follow-up appointment (if needed) and payment.
- Please return home to rest.
- Depending on your results, you may be informed to follow up with your doctor or specialist.



## **About the Excision of Impacted Teeth Procedure**

### **1. What is surgical excision of impacted teeth?**

This refers to the surgical removal of partially erupted or unerupted teeth. The normal eruption of these teeth is often blocked by adjacent teeth, bones or gums, often due to a lack of space in the jaws. Third molars, also known as wisdom teeth, are the most frequently impacted teeth.

### **2. Why do I need this procedure?**

Plaque, food and debris often accumulate around impacted teeth, resulting in decays to both the impacted and the adjacent teeth that lead to painful root canal infections. Pericoronitis is another painful condition where the overlying gums become infected and swollen. Left untreated, both may lead to the development of orofacial abscesses and infections that invade the deeper structures of the neck.

### **3. What are the preparations for the procedure?**

Most impacted teeth can be removed under local anaesthesia, hence fasting is not required. A dental panoramic x-ray will be taken to evaluate the position of the impacted tooth and assess the risks associated with the surgery. It is best to stop smoking to reduce the risk of post-surgical complications.

### **4. How is the procedure performed?**

Local anaesthesia will be administered in your mouth to numb the jaw, teeth and gums. A small incision may be made to uncover the gums overlying the impacted tooth. The bone surrounding the crown of the tooth is removed first before the tooth is fragmented into smaller pieces and extracted. The bony socket is then washed and inspected before the gums are repositioned with dissolvable stitches. A follow-up appointment may be given to review the wound.

## **5. What are the risks and complications of the procedure?**

General post-surgical complications may include pain, bleeding, swelling and infections of the surgical site.

Lower wisdom teeth removal carry the risk of temporary or permanent paraesthesia (numbness) of the lip and chin, especially if the tooth is very near to the inferior dental nerve. For upper wisdom teeth, exposure of the maxillary sinus lining or displacement of the tooth into the sinus itself rarely occur.

## **6. What would I expect after the procedure?**

There may be pain, low-grade fever, facial swelling and bruising, and trismus (difficulty in opening the mouth) that usually resolves within 2 weeks with adequate rest and regular medication.

Consume a soft diet for the next few days and practice good oral hygiene by rinsing with the prescribed mouthwash after each meal.

### **Disclaimer:**

This information sheet mentions some of the more common or important risks of surgery/ procedure. It does not and cannot cover every possible scenario or detail.

## Day of Procedure

### Arriving For Your Appointment

- On the day of your procedure, please arrive at:  
Dental Surgery Clinic, Tower C, Level 1  
Woodlands Health Campus  
17 Woodlands Drive 17  
Singapore 737628



Directions to Woodlands Health Campus



Getting around Campus

- Please arrive at your scheduled appointment time.
- If you do not receive your appointment details within 3 working days from the date of your clinic visit, please call 6363 8000.
- Please keep to your scheduled date. However, if you are unwell (i.e. fever, cough and flu), or wish to postpone/ cancel the procedure, please call 6363 8000 (Monday to Friday, 8.30am to 5.30pm or Saturday 8.30am to 12.30pm).

### Preparation

- This procedure is performed under local anaesthesia, hence fasting is not mandatory.
- It is best to stop smoking around 2 - 3 days before the surgery as it can significantly increase the risk of complications.
- As you will likely receive anaesthetic injections, which will last around 2 - 3 hours, do have a light meal before the procedure.

## Documents to Bring

Identification:

- Singapore NRIC
- SAF identity card (11B)
- Non-Singaporeans: Passport, entry permit, employment pass, work permit or other valid ID issued by the Singapore Ministry of Manpower

Medical benefit documents, if applicable:

- Insurance card (no direct billing to insurance company)
- Insurer's or employer's guarantee letter (if the bill is covered by your employer)

## Consent

Your consent for the procedure will be obtained from you on the day of the procedure.

## Discharge Care

- You will be observed for around 15 - 30 minutes after the procedure and discharged only when you are deemed suitable.
- You may not need a family member or friend to accompany you home on the day itself.
- Further instructions specific to your condition and treatment will be provided on the day of the procedure.

