

## FAQs

### General FAQs

#### **1. Can I eat after the surgery? What kinds of food can I eat and what kinds of food should I avoid?**

You can eat after the surgery but do wait until the anesthesia wears off first. This is to avoid accidental lip/cheek biting, as the numbed area may feel a little “different”.

Generally, it would be advisable to go on a softer diet for the first two weeks after surgery. Examples of soft food: minced meat porridge, soup, mee sua, tofu, mashed potatoes, steamed fish, boiled vegetables, yogurt, ice cream, smoothies.

Please avoid eating hard and crispy foods as this may cause injury to the surgical site. Examples of crispy foods: Deep-fried food, potato chips, nuts.

#### **2. How many days of HL/MC will I be given?**

Generally, 3-4 days of Hospitalisation Leave or Sick Leave will be given, depending on the nature of the surgery.

#### **3. I am a subsidized patient. Why is my estimated bill so costly?**

The estimated surgery costs provided during financial counselling is based on each individual’s means-tested subsidies, in accordance with Per Capita Household Income (PCHI) tiers. However, do note that certain procedures are not claimable by Medisave. Your doctor should be able to advise during consultation for such non-Medisave claimable procedures.

Please note that the bill estimation shared during financial counselling does not reflect the actualised final bill and only serves as a guide to pre-empt forward planning of surgery finances.

#### **4. I have been given my surgery appointment but the surgery date is months later. Can I be given an earlier slot?**

Surgery appointments are booked according to doctor’s instructions. Otherwise, the earliest next available slot is offered. Long waiting time to surgery could potentially be due to the high patient volume with limited slots available. We would like to assure that our staff will offer the most suitable surgery date in accordance with your doctor’s advice.

#### **5. What should I prepare for the surgery?**

There is no need to fast prior to the surgery. It would be good to have a light meal instead, especially if you are diabetic.

If you are on medications for other chronic conditions (e.g. diabetes, hypertension, high cholesterol), ensure that you take your medications as instructed by your physician. If there is a need to temporarily stop a certain medication (e.g. a blood thinner), this would have been communicated to you by your attending dentist. Do not discontinue any medications without the advice of your physician.

Ensure that your oral hygiene is optimal prior to the procedure, as this would contribute to better healing after the surgery.

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

### Bleeding

It is normal to experience some oozing or bleeding initially. Bite firmly on the gauze provided for about 30-45 minutes to control bleeding.

### Pain

It is normal to experience pain after the surgery. Take the prescribed pain medications before the local anesthesia wears off.

### Swelling

Slight swelling and bruising may be experienced. You can apply an ice pack to the affected area for the first 24 hours (20 minutes on, 20 minutes off) to minimize the swelling. The swelling usually subsides after the 2<sup>nd</sup>-3<sup>rd</sup> day.

### Follow-up

A follow-up appointment will be given to review the healing and remove the stitches in 1-2 weeks.

## **7. Can I brush my teeth after the procedure?**

Do not brush your teeth at and adjacent to the surgery site as your toothbrush's bristles may disturb the stitches. An antiseptic mouth rinse (chlorhexidine) will be prescribed for you to keep the surgery site clean while you are unable to brush. It is safe to brush the other teeth in your mouth.

## **8. Can I exercise after the procedure?**

Please avoid strenuous exercise for 1 week as this may increase post-operative bleeding.

## **9. Can I drive after the surgery?**

You will be able to drive or take public transportation home after the surgery. You will not be drowsy after the procedure, as the surgery is done under local anesthesia. However, if you have been prescribed certain painkillers that might cause drowsiness, do refrain from driving or operating machinery whilst on the medication.

**10. Can I smoke after the surgery?**

You are strongly advised not to smoke for at least 1 week after your surgery. Smoking delays the healing process and increases your risk of post-operative infections.

**11. Can I travel after surgery? If so, how long do I need to rest before being able to travel?**

In general, it is advisable to defer travel until after the post-surgery review appointment, which is typically scheduled at 1-2 weeks after surgery. This allows your dentist to monitor the post-operative healing progress and make travel recommendations accordingly.

## Crown lengthening

### 1. What is crown lengthening surgery?

Crown lengthening is a surgical procedure that involves the removal of gum tissue, bone, or both to expose more of a tooth's structure. This is often done to prepare a tooth for a crown or to address issues like a "gummy smile."

### 2. Why might I need crown lengthening? Can I skip crown lengthening and just do a crown?

Crown lengthening may be necessary if there is not enough tooth structure exposed to support a restoration like a crown or if the filling margin is very deep under the gums. If crown lengthening is required for your tooth, it must be done prior to your crown appointment.

Crown lengthening can also be done for cosmetic reasons to improve the appearance of teeth that appear too short due to excess gum tissue.

### 3. Is crown lengthening painful?

Local anaesthesia is typically used during the procedure, so you should not feel pain during the surgery. Afterward, there may be some discomfort, but your dentist will provide instructions for managing any post-operative pain.

### 4. How long does the procedure take?

The duration of the surgery depends on the number of teeth involved and the complexity of the case. It can range from 30 minutes to an hour or more.

### 5. What is the recovery like?

Recovery time varies, but you can expect some swelling and discomfort for a few days as part of the normal healing process. Your dentist will provide post-operative care instructions, including dietary restrictions, oral hygiene practices, and information about any prescribed medications. Please refer to the "General FAQs" section for more details.

### 6. Are there risks associated with crown lengthening?

Crown lengthening is generally a safe and routine procedure. However, if the tooth that requires crown lengthening is in the lower molar region, there will be a small risk of lingual nerve injury. The lingual nerve supplies sensation and taste to your tongue. Lingual nerve injury is rare. Please inform your dentist if you experience altered sensation and taste after your surgery.

### 7. When can I go for my crown? When will I receive my crown?

It is advisable to wait between 6-8 weeks for healing before proceeding with your crown procedure. You will typically require 2-3 clinical visits before receiving your final crown.

## Dental Implants

### 1. What is a dental implant?

A dental implant is a titanium screw that is placed into the jawbone to support a dental prosthesis, such as a crown, bridge, or denture. It serves as an artificial tooth root.

### 2. How long does the dental implant surgery take?

The duration of the surgery depends on the number of implants being placed and the complexity of the case. On average, implant placement may take about 1-2 hours, depending on complexity.

### 3. Is dental implant surgery painful?

The procedure is usually performed under local anaesthesia, and patients should not feel pain during the surgery. Some discomfort and swelling can be expected after the procedure, and pain medication is often prescribed to manage any post-operative pain. Please refer to the "General FAQs" section for more details.

### 4. How long does the recovery period last?

The initial healing period typically takes 1 to 2 weeks, but the full integration of the implant with the jawbone (osseointegration) can take 2 to 6 months.

### 5. Are there any risks or complications associated with dental implant surgery?

As with any surgical procedure, there are risks, including infection, bleeding, and damage to surrounding structures. Your dentist will discuss potential risks and benefits with you before the surgery.

Early implant failure may occur. This tends to occur within the first few months after the surgery and presents as a loose implant. If this occurs, please schedule an earlier appointment to see your dentist and bring the loose/dislodged implant components along.

### 6. How do I care for my dental implants immediately after surgery?

Do not brush/floss your implant and the adjacent teeth for 1 to 2 weeks after your surgery as that may disturb the stitches in the surgery site. An antiseptic mouth rinse will be prescribed to keep the implant and surgical site clean.

### 7. Can I eat normally after dental implant surgery?

A soft diet is recommended during the early stages of healing (1 to 2 weeks after your surgery). As the implant integrates with the jawbone, you can gradually return to your normal diet. Please refer to the "General FAQs" section for more details.