

# Dental Nursing Protocols During Molar Tooth Extraction in the UK

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## Abstract

Safe dental nursing measures are critical for patients who are undergoing the procedure of molar tooth extraction. This case study aims to provide a clear picture of the protocols that a dental nurse in the UK should implement regarding patient care, preparation, cross-infection precautions, supportive role during operative procedures, and post-operative care and health promotion. Thus, by following these guidelines, dental nurses can effectively reduce risks and help avoid or resolve possible patient complications. Considering these findings, extensive preparation, detailed procedural support, and quality enhancement must be implemented to uphold care and safety in dental practice.

**Keywords:** *Non-Communicable Diseases (NCD); Dental Caries; Dental Nursing; Molar Tooth Extraction*

## Introduction

Dental Caries is caused by focal demineralization of tooth structure, both enamel and dentine, by acidic products of sugar fermentation. Caries is a popular cause of tooth loss in industrialized countries with its abundance of carbohydrate-rich processed foods. Demographics have shifted off late with the widespread adoption of pop-culture throughout the world. Though the measures to combat this emerging epidemic through improved awareness of oral hygiene and drinking water fluoridation are being practiced world-over, this blight of processed food consumption is associated with greater incidence of dental caries which does not show a downward trend. WHO report (2022) estimates that oral diseases affect close to 3.5 billion people worldwide? *Candida albicans* is the most common cause of fungal infection of the oral cavity. Broad-spectrum antibiotics that eliminate or alter the normal bacterial flora of the mouth can also promote thrush. Caries shares common modifiable risk factors with other NCDs, including tobacco use, alcohol consumption, and eating unhealthy sugary diet. The absence of oral health care interventions in universal health coverage programs results in out-of-pocket costs thus forming a barrier to timely access to oral health care-interventions [1].

## Patient Preparation

Dental nurses assess the patient and consult on his medical history to evaluate the possible risks concerning the procedure. Informed consent is essential as it enlightens the patient about the surgery, risks, and follow-up procedures. In a hospital setting, dental nurses educate clients on the need to avoid specific foods and how to take their medication to avoid adverse effects during surgery [2]. It also plays a significant role in reducing adverse reactions in the patient during the operation and enhancing the general performance of the operation. That way, the patient does not feel anxious, and the dental process is more effective and safer, with fewer complications.

## Infection Control Protocols

Cleanliness and hygiene are essential aspects, especially when it comes to working with the mouth and teeth. Utensils are disinfected under an autoclave, and dental nurses and surgeons use right protective outfits and gear to curb cross-infection. These include gloves, masks, gowns, and eye protection to minimize the chances of transmission of the virus between patients and other workers. Sterilization and protective clothing are processes that must be undertaken to avoid infectious diseases and uphold high hygiene standards in dental

operations. These measures go a long way in minimizing contamination and guaranteeing a sound treatment process.

### Procedural Support

Dental nurses assist in positioning the patient, and managing the suction and irrigation apparatus and instruments, respectively. They closely observe the patient's status, name the signals, and calm the patient when afraid. The dental nurse-surgeon relationship is a crucial factor that should be practiced enhancing successful practice. They are still key figures in a successful surgical procedure, patient comfort, and handling any complications that may arise. Their functions are crucial to carrying out extraction goals and objectives concerning time and safety.

### Post-Operative Care

Hospitals are vital in ensuring patient care and recovery after the operation. Dental nurses help achieve hemostasis, including checking whether the patient is bleeding and offering advice on pain relief. They provide prescriptions on how to clean the mouth, what foods to eat, and which activities should be avoided to avoid worsening this condition or the development of other overall complications. Appropriate post-operative care enables the patient to cope with pain, follow the prescribed regime, and prevent complications, thus increasing the chances of a satisfactory recovery [2]. Extensive assistance from dental nurses plays a critical role in ensuring that patients appreciate and follow the adequate procedures needed to enhance their recovery process.

### Health and Safety Considerations

Dental nurses conduct a risk assessment of harm concerning molar tooth extraction, contemplating possible risks connected with them and exercising appropriate control measures, including precautions for patients on anticoagulants. One can consider the effective management and disposal of waste as a critical attribute of those charged with this responsibility. Used dental instruments are disposed of in yellow clinical waste bins. Sharp items, such as extracted teeth and blood-stained gauze, are disposed of in specially designed clinical waste biohazard bins. Also, the procedure for disposing of the radiographic solutions is in line

with the regulations for controlling substances hazardous to health. Holding these standards helps dental nurses observe safety and cleanliness to reduce infection and conform to the set health standards and safety [1]. It is crucial to ensure all dental processes are safe and well-wound-free from any chances of occurrence of the risks involved.

### Review and Continuous Improvement

It is possible to strengthen and improve dental practices through audits and continuous feedback. It is mandatory for nurses working in dental procedures to participate in continuing professional development (CPD) so that they can converse with new trends in practice as well as health and safety provisions [1]. Annual assessments assess the efficiency of current procedures, including implementing the latest NPS. At the same time, feedback sessions present the opinion of the dental team on any issues that may have arisen regarding the chosen approach. Future meetings are aimed at analysing patients' outcomes and coming to a consensus about further steps to guarantee patients only receive the highest-quality medical assistance. Such involvement implies that dental nurses become conversant with current and improved practices with the advent of future audits, augmenting patient care and safety as they adhere to current health and safety standards.

Dental nurses are essential in supporting molar tooth extractions' success and safety by following regular policies and procedures and improving their practices. The challenges include demonstrating suitable infection prevention measures, patient care, and protection to manage the risks and provide quality dental services in the UK. In this case, dental nurses also help maintain the health and safety of the patient for a particular process, that is, to have a positive result for each step required.

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