

Effect of smoking on post-operative healing following minor oral surgical procedures

Bushra Alsolami and Alaa Sanari
King Abdulaziz University, Jeddah

Introduction: Proper care of the mouth following tooth extractions can reduce complications and expedite the healing process. In contrast, smoking negatively affects the healing process and increase the chance of developing an infection. This is especially true if a patient smokes soon after surgery.

Objectives: To compare post-extraction symptoms (pain, bleeding, swelling, trismus and infection) between smokers and non-smokers at day 1, 2, 7, and 21 following extraction.

Methods: A prospective study was conducted recruiting patients undergoing minor oral surgical procedures at King Abdulaziz University Faculty of Dentistry (KAUFD) and following them at day 1, 2, 7, and 21 after extraction. Data collection form included, first; patient's demographics, medical history, smoking status, type and frequency of smoking, second; Compliance with postoperative instructions, third; Post-operative evaluation included: Pain using visual analogue scale (0-10), Bleeding (no, <1hr, 1-2hrs, >2hrs, >3hrs), Swelling (no, mild, moderate, severe), Trismus and Infection. Follow-up of the patient was performed.

Results: A total of 85 patients were included in this study, 64% were females and 31% were smokers. Cigarettes was the most frequent type of smoking (88.5%), followed by Shisha 3.8%. 96.2% of smokers reported smoking after extraction. Smokers were more likely to be male ($p < 0.0001$), to be of older age group ($p = 0.001$), and to declare not following post-operative instructions ($p < 0.0001$). On the 1st post-operative day, postoperative evaluation comparing smokers to non-smokers showed no statistically significant differences in swelling, trismus and infection. However, bleeding and smoking were found to be significantly associated ($p = 0.009$). On the 2nd post-operative day, only swelling was found to be significantly different between smokers and non-smokers ($p = 0.04$). By the 7th and 21st post-operative days, no differences in post-operative complications was found.

Conclusion: The Initial postoperative complications may differ between smokers and non-smokers, however eventually these differences seem to fade with time.

Biography:

Bushra Alsolami and Alaa Sanari graduated from king Abdulaziz University faculty of dentistry in Jeddah, Saudi Arabia. Received a bachelor's degree in 2015. However, as for Research interest is health care improvement, quality of care, outcome and patient education. Their interest started during internship at different hospitals.