Materials and Methods:

A tooth extraction or even just an idea of having a tooth pulled out puts many persons ill at ease. This is in agreement with research indication that tooth extraction is considered to be highly distressing and that it belongs to the top 5 most fear evoking treatment procedures in dental situations. [1] Studies investigating the onset of long standing negative psychological response to dental treatment have shown that the severity of patient’s current level of dental anxiety is significantly associated with the extent to which they experienced their past dental treatments as painful or otherwise traumatic.[2] It is important to prospectively examine the emotional impact of tooth extraction which is the most common potentially distressing surgical procedure practiced in Oral & Maxillofacial Surgery.[3] Objective: To prospectively examine the psychological impact of tooth extraction. Materials and Methods: A total of 100 patients participated in the study. All patients were informed about the study and were asked to sign an informed consent to confirm their voluntary participation. Data regarding psychological distress was collected using different variables like pain, anxiety and emotional disturbance by use of separate scales at 1-month follow-up. Results: 86% experienced mild pain, 12% moderate pain and 2% severe pain. Thus, most of the subjects predicted mild pain after a month.

For the anxiety levels, universal questionnaire was provided to the patients. The questions were whether they were anxious a day prior to tooth extraction, how they were feeling in the waiting room, also about the anesthetic injection to be injected into their gums. Cumulative score (0-30) mild, (40-60) moderate and (70-100) severe. (Table 1) In this study, 86% experienced mild pain, 12% moderate pain and 2% severe pain. Thus, most of the subjects predicted mild pain after a month.

The level of pain was categorized as per the Visual Analogue Scale in which (0-30) mild, (40-60) moderate and (70-100) severe. (Table 1) In this study, 86% experienced mild pain, 12% moderate pain and 2% severe pain. Thus, most of the subjects predicted mild pain after a month.

Discussion:

To evaluate the levels of pain, anxiety and emotional distress in patients undergoing tooth extraction, all 3 variables were classified into mild, moderate and severe.

KEYWORDS:

Tooth extraction by definition poses a potential threat to someone’s physical integrity, it is likely that individuals who are exposed to such events are at increased risk for development of dental anxiety and psychological stress after the treatment. [5-7] However, the present
data shows that the emotional impact of tooth extraction was relatively moderate. The level of anxiety was much lower than the previous studies. This may be explained by sample characteristics and personal features of the surgeon who performed the procedure, indicating his/her skills and experience, not only regarding the tooth extraction, but also with regard to communication and anxiety management and the extent to which he or she is capable of establishing a trusting relationship with the patient.[4]

**Conclusion:**
Although, percentage of population undergoing routine tooth extraction is quite high, findings of this study suggest that the although pain & anxiety after 1 month of tooth extraction was mild, but the emotional impact of tooth extraction is still on higher side. Thus, there is a definitive need to follow stress reduction protocol or other standard approach to reduce emotional disturbance. More elaborative studies are necessary to determine possible causes for such emotional impact.

**References:**