



# Horbury Dental care & implant clinic

making you smile for over 75 years

ADVICE FOLLOWING A

## Dental Extraction

THIS SHEET IS DESIGNED TO OFFER ADVICE AFTER YOU HAVE HAD A DENTAL EXTRACTION. FOLLOWING THIS ADVICE WILL HELP THE HEALING PROCESS AND REDUCE COMPLICATIONS. THIS ADVICE IS TO HELP YOU KNOW WHAT TO EXPECT AND DO, AS YOUR MOUTH RECOVERS.

### GENERAL ADVICE:

- For the first 24 hours, don't drink alcohol, smoke, eat very hot food or disturb the clot which will have formed in the space left by the tooth because this may cause the socket to start bleeding again. You should also avoid strenuous exercise for the rest of the day.
- Don't rinse your mouth for 24 hours after the extraction.
- After 24 hours, rinse gently with warm salt water to keep the socket clean and continue to do this for up to a week, after meals and before bed. Use half a teaspoon of salt in a glass of comfortably warm water.
- Brush your teeth normally with toothpaste to keep the whole mouth clean but take care in the region where the tooth was extracted.
- If you feel small pieces of bone working their way out of the socket, don't worry-this is normal.
- Some swelling or discomfort in the first 2-3 days is also normal.
- Take painkillers if you need them (as you would for headache). Ask your dentist for advice if you are not sure what sort to take.

### IF THE BLEEDING DOES NOT STOP

- Your dentist may have given you a small supply of gauze in case this happens. If not, clean cotton handkerchiefs will do, but do not use paper tissues.
- Roll some small firm pads about one centimeter by 3 centimeters (a size that will cover the socket).
- Keep sitting up and gently clear away any clots of blood around the socket with the gauze or handkerchief.
- Place a pad across the socket from the tongue side to the cheek and bite firmly on it for 10 to 15 minutes.
- Take off the pad and check whether the bleeding has stopped. If it hasn't, use a fresh pad. If the socket is still bleeding, after application of pressure for 30 minutes, please telephone the surgery for advice.

**If you follow these instructions, your mouth should heal normally, without becoming infected. But if anything in your mouth worries you, phone the practice on 01924 211234 for advice.**

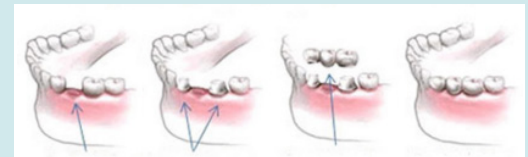
### OPTIONS FOR MISSING TEETH.

**DENTAL IMPLANTS:** This is generally considered to be the gold standard and offers the most long-lasting, effective and natural looking way for replacing teeth. A dental implant replaces both the lost natural tooth and its root. A dental implant is placed into your jaw bone to provide a solid artificial 'root' for a tooth. The tooth will be appropriately shaped and colour-matched to blend in with your surrounding teeth. Once in place, they are as strong as a natural tooth and have the potential to last a lifetime.



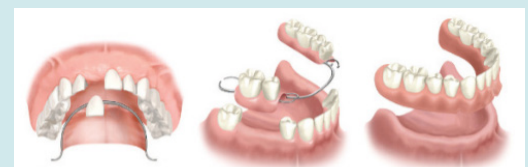
**left to right:** Implant is inserted into the bone. Healing process of the bone (osseointegration). Dental abutment is placed on the dental implant. Ceramic crown is placed. Multiple implants may be used to support bridgework.

**BRIDGE:** Bridges are used to replace one or more missing teeth. A dental bridge essentially bridges a gap in your mouth. It involves replacing a missing tooth with a false tooth which is bonded to the natural teeth on either side of the gap. This will increase the loading on the supporting teeth and will compromise the strength of these teeth. This option is not always appropriate.



**left to right:** A missing tooth. Surrounding teeth prepared. Dental bridge is made in the laboratory and cemented in place.

**DENTURES:** Dentures are removable plastic or metal frameworks that carry single or multiple false teeth. If you choose to replace missing teeth with dentures, they will be custom made to fit the size and shape of your mouth.



**Dentures - left to right:** Single missing tooth - removable partial denture. Several missing teeth - removable partial denture. All missing teeth - removable full denture.

If you require any further advice, please e-mail or telephone the Implant Clinic:

✉ [willings@horburydentalcare.co.uk](mailto:willings@horburydentalcare.co.uk)

☎ 01924 211 234