

Post-operative care

and what to do following an extraction



Post-Operative Care

You need to look after yourself carefully after you have had a tooth taken out or any dental surgery. Following these instructions will help minimise post-operative pain, swelling, tenderness and aid healing, as well as prevent infection.

Bleeding

It's normal for the socket to bleed for the first day and this can look far more dramatic than it actually is as saliva makes it look like a lot more blood than the reality. It's important if you're bleeding not to rinse your mouth out, instead apply pressure to the socket by biting down on a folded piece of clean, cotton material for at least 15 minutes. If bleeding continues for more than an hour, contact your dentist.

Pain relief

It's normal to feel some discomfort after an extraction, but simple pain relief should be enough to manage this. Avoid aspirin as this will be detrimental to the clotting process. Always follow the manufacturer's instructions and if in doubt, check with your dentist first. If the pain is bad or prolonged for a few days, contact your dentist.

Rest

Rest as much as you can for the remainder of the day after surgery, keeping your head up to avoid bleeding and keeping your head higher for the first night using an extra pillow if possible.

Eating

Avoid hot food or drinks until the anaesthetic wears off as you cannot feel pain properly during this time and may burn or scald your mouth. Try to avoid eating food on the side where your tooth has been taken out, this will allow the extraction site to heal properly.

Tooth brushing

Do continue with your regular cleaning routine taking care around the area where your tooth was extracted.

Rinsing

Don't be tempted to rinse your mouth for the first 24 hours - this allows time for the socket to heal. After that time you can rinse your mouth with salt water, which will help healing.

Alcohol

Avoid alcohol for at least 24 hours following an extraction as this can encourage bleeding and delay the healing process.

Smoking

If you smoke, avoid doing so at least for the remainder of the day, if not for 24 hours.

If in doubt about any of the above or if you have any other questions, don't hesitate to get in touch with your dentist.

Why Implants?

Dental implant treatment can bring back quality of life, comfort and aesthetics. This has a positive impact on your self-confidence and overall mental health – with teeth that look, feel and function like your natural ones.

They merge with your body

Even the best prosthesis will always be a foreign body that requires extensive care. By contrast, a dental implant is simply an artificial root, which on healing, merges with the body and acts like a natural one.

They maintain your smile

Functionality and visual appearance go together: an implant-borne restoration looks like a natural tooth – there is simply no visible difference, and special care is not required.

They preserve your facial structure

Implants transmit chewing forces to the jaw bone. This is not the case if teeth are missing or when a conventional prosthesis has been put in place. If these forces cease, the bone may slowly recede and the shape of the face may change over time.

Your teeth don't have to be ground down

With a conventional bridge, the healthy neighbouring teeth to the right and left of the missing tooth have to be ground down to support the bridge. When using an implant to close the gap, the neighbouring teeth are not affected and the natural tooth substance remains intact.



Your solutions After tooth loss or extraction

Solution 1: Dental implants

Before



After



An implant is a small, normally titanium screw that is placed in the jaw bone to act as an artificial root. Typically implants offer a better quality of life, a natural and aesthetic appearance that leaves other, healthy teeth intact.

Solution 2: Dentures

Dentures are removable structures that go over the gum and replace lost teeth. This can be for either one tooth, or a few teeth (partial dentures) or for the whole jaw or mouth (full dentures). However, these are less stable than fixed options. Full dentures can be held into place with dental implants.



Solution 3: Bridge

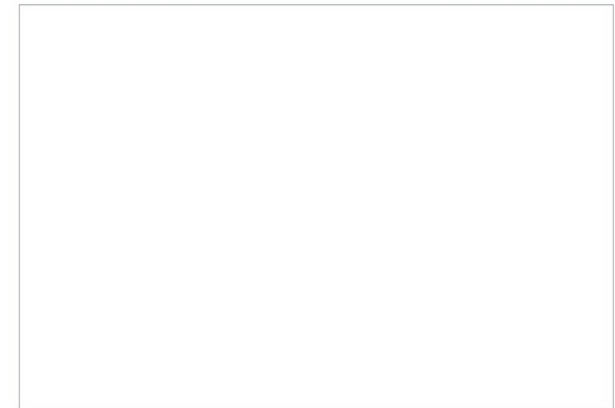


A bridge is a more traditional form of treatment for tooth replacement, spanning the gap between the missing tooth and the two adjacent teeth. A bridge is made up of two or more crowns for teeth on either side of the gap with a false tooth/teeth suspended in between.

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