



# Instructions for Patients after Oral Surgery

and

# Dental Implants Information

Birchwood Park Avenue, Swanley, Kent. BR8 7AT

Tel: 01 322 662493

[www.wyndcottdental.co.uk](http://www.wyndcottdental.co.uk)

## On the day of extraction

- It is often a good idea to take some painkillers before the injection wears off. Ibuprofen is excellent but cannot be taken by many people with asthma or who are allergic to Aspirin. Check with the Dental Surgeon or Pharmacist and read the packet. We would recommend:

Either

Paracetamol – take one or two 500 mg tablets every 6 hours

OR

Co-Codamol – take one or two 8/500mg tablets every 6 hours (these contain 8mg codeine and 500mg paracetamol). Co-Codamol can make you drowsy, read the packet for further advice.

If the above are not effective, you may *also* take

Ibuprofen – take one or two 200mg tablets every 6-8 hours **with food**.

- **Do not** spit or rinse your mouth for the rest of the day. This could wash out the blood clot which may cause bleeding and allow the site to become infected.
- Only eat soft foods for today (or as long as you feel is comfortable).
  - **Do not** smoke for as long as possible, certainly not for the first 3 days.

## After that...

- **From tomorrow** bathe the extraction site with warm salty water or Corsodyl after every meal. Do this for 3 days.

## What to do if the wound bleeds?

- **Do not panic**- this is probably blood stained saliva. However, if there is fresh blood oozing from the site:
  - Roll up a piece of the gauze provided or if this is not available a clean hanky with suffice. Bite firmly or put firm pressure on the extraction site for 20-30 minutes whilst relaxing on the sofa.
- If the bleeding continues to be troublesome contact the surgery for advice.

If you have had stitches, unless you have been advised otherwise, these are dissolvable and will disappear after a week to 10 days.

If you have any enquiries please contact us: Tel: 01322 662 493

# What is a dental implant?

A dental implant is an artificial root made of titanium, a material which is totally accepted by our body, and placed in position where the tooth is missing. Following a few months of undisturbed healing after placement, the implant is used as a new foundation to support the replacement tooth.

## Advantages of dental implants:

- No more loose denture to struggle with
- No more sticky denture glue in your mouth
- No need to cut or drill your natural teeth
- No need of root canal or nerve treatment of your teeth
- No need to worry about dental decay on implants
- Keep the jawbone from shrinking
- Complete confidence and stability
- Enjoy the food you like
- Easy to maintain
- Just feel and look like your own healthy natural teeth.

Dental implant surgery is carried out with a technique that minimises damage, under sterile conditions using specially designed equipment so that the implant(s) is/are placed quickly with high precision and accuracy. Recovery is usually speedy with minimal discomfort.

Clinical performance and research of dental implants showed that they are highly successful. The quality of life that a patient enjoys with a dental implant makes it a highly cost effective treatment in the long run when comparing with other treatment, in spite of the higher initial treatment cost. Dental implant treatment is a sensible investment in your own well being.

Treatment costs and time scales vary in each individual case. Discussion of the costs will be done at consultation appointments.

## Implant Dentist

Dr Chang I Chun Teoh  
M Sc (Implantology) Manc  
M Clin Dent (Prosthodontics) London  
LDS (Eng) RCS  
[cicteoh@gmail.com](mailto:cicteoh@gmail.com)

