



# Aftercare Information

# Post Treatment Recovery Information

## Surgical Post Instructions

After local anaesthesia, your lips tongue cheek will be numb, so be careful not to chew your lip or eat and drink things that may be too hot. Do not rinse your mouth until 24 hours after the extraction. Following this rinse mouth gently every 3 to 4 hours (especially after meals) using warm salt water (1-2 teaspoon of salt to a glass of warm water). Continue rinsing for several days. Should you have food particles stick in the extraction sites, you might want to rinse with diluted hydrogen peroxide with water.

## Bleeding

Following extractions some bleeding is to be expected. It is normal for the saliva to be slightly streaked with blood or tea stained for 1 to 2 days. If persistent bleeding occurs, place moist gauze pads over bleeding area and bite down firmly for 30 minutes (repeat if necessary). If bleeding still persists, please contact your dentist.

## Swelling

Some swelling is normal and should not cause alarm. Swelling around the mouth, cheeks, eyes and sides of the face is not uncommon. Many times the swelling will not become apparent until 2-3 days post-operatively. An ice bag or ice cubes wrapped in a towel should be applied to the operated area for 30 minutes on and 30 minutes off, repeat this for 4 to 5 hours.

## Pain

For mild to average pain use any non-aspirin type of medication. Non-steroid anti-inflammatories like Ibuprofen are recommended. Pain or discomfort following surgery is usually at its worst 24-48 hours after surgery, after that should subside more and more every day. If pain persists or worsens you should contact our practice or if after working hours call Nhs24 111 for further instructions.

## Numbness

It is usual to experience some numbness following an extraction or placement of an implant. This is particularly the case if you have had a wisdom tooth extractions. Most numbness will subside within 3-4 hours. In some instances it can last longer, if this occurs please be assured it is likely to be temporary. In these cases it advised to contact the surgery for advice.

## Diet

Liquid or soft diet is advisable during the first 24 hours. Drink lots of fluids. Avoid drinking with straws for the first few days as this can result in bleeding and delayed healing. The sucking action creates a negative pressure which will cause bleeding.

# Sutures

Sutures are placed in the area of surgery to minimize post operating bleeding and to help healing. Sometimes the sutures disintegrate early or dislodge, this is no cause for alarm. The sutures will dissolve or be removed approximately 1-2 weeks after surgery. The removal of sutures requires no anesthesia or needles. There will be a hole or opening where the tooth was removed. In the coming months the cavity will gradually fill in with new tissue. In the meantime should be kept clean, especially after meals, with saltwater rinses or toothbrush.

# General Advice

Small sharp bone fragments may work up through the gums during healing. These are not roots; if this causes any concern, please return to the practice to see your dentist. It is advised that you use your toothbrush as normal to keep your gums clean.

# Are you a smoker?

If you smoke, it is advised that you do not smoke for the first 36 hours. Smoking will delay healing and can cause a very uncomfortable condition known as "dry socket". A dry socket is when the blood clot gets dislodged prematurely from the tooth socket. Symptoms of pain at the surgical site to the ear may occur 2-7 days following surgery. Call the practice if this occurs.



# WE'D LOVE TO HEAR YOUR FEEDBACK

Please leave a review by scanning the QR code  
with your smartphone camera



# Ask Us About Our SmilePlans!

## What is a SmilePlan?

Our SmilePlans give you the chance to spread the cost of your dental care with a fixed monthly fee. Each of our SmilePlan options were made to be affordable, convenient, and to ensure you receive the regular oral health maintenance that you require.

### SMILEPLAN A

**£13.75**

- ✓ 2 dental examinations per year
- ✓ 2 dental hygiene visits per year
- ✓ Routine X-rays
- ✓ Priority appointments
- ✓ 50% off additional treatment \*\*
- ✓ Dental emergency Assistance Support product

\*\*Subject to availability and subject to individual clinical review

### SMILEPLAN C

**£21.25**

- ✓ 2 dental examinations per year
- ✓ 4 dental hygiene visits per year
- ✓ Routine X-rays
- ✓ Priority appointments
- ✓ 50% off additional treatment \*\*
- ✓ Dental emergency Assistance Support product

\*\*Subject to availability and subject to individual clinical review

### SMILEPLAN FULL

**£24.17**

- ✓ All routine dental treatment \*\*\*
- ✓ Dental hygiene visits
- ✓ Plan payments are determined by your current oral health
- ✓ Priority appointments
- ✓ Dental emergency Assistance Support product

\*\*\*Subject to availability and subject to individual clinical review

Speak to a member of our team to sign up today!

01382 699296

# Have You Considered?

Whether you're looking to repair a broken tooth or have a full smile makeover. Become your most confident self with our wide range of dental treatments.

## Cosmetic Treatments

Cosmetic treatments such as white dental fillings have replaced old silver amalgam fillings as the first choice to restore decayed teeth. They can be shaped to look like a tooth, making them unnoticeable and can usually be completed in one appointment.

## Smile Makeovers

Our smiles are part of what makes us... well, us. If you're not feeling satisfied with your smile, a smile makeover can make all the difference for *giving your confidence a boost.*

## Dental Implants

An implant is a fixed, permanent prosthesis which is versatile and can be used in conjunction with crowns, orthodontics and veneers to achieve the perfect smile. At SmileTech we offer single tooth implants, retained bridges and retained dentures.



## Veneers & Crowns

Veneers are ideal for treating uneven or discoloured teeth and can also be used to close spaces between teeth that are too small for braces. Crowns are similar to veneers, however they can be used for heavily filled, broken or decayed teeth.

## Teeth Straightening

Let us set you on a path to the smile you want with our range of Orthodontics options including Invisalign and Invisalign Go.

## Sedation

We all get anxious from time to time; especially when it comes to having dental work done. We are equipped to provide intravenous sedation to help patients manage through their journey with us.

## General Dentistry

Although we love to tackle complex cases, we also enjoy general dentistry. Call us weird, but we find fixing a filling is undeniably satisfying!

## Emergency Dentistry

You hope that it will never happen, but sometimes you need a fast fix... well, fast. While we won't quite have you crashing through doors feet-first on a trolley, we do pride ourselves on a snappy response time and relish the chance to patch you up after a bad day.

## Replacing Teeth

Missing a tooth? We can quite literally fill the gap. We use quality white composite fillings or metal free ceramic crowns re-repair, strengthen and protect fractured, broken or damaged teeth.

## Periodontology

At SmileTech we have experienced team members who specialise in diagnosis and treatment of inflammatory gum conditions.

## Repairing Teeth

We all try to look after our teeth as much as we can, but sometimes despite our best efforts, they can chip, or break. Fortunately, you're in safe hands, with professional, seamless repairs from our experienced team of dental specialists.

## Bridges & Dentures

Replacing missing teeth is important for your general and oral health. It helps to avoid serious dental diseases such as gum, decay or gingivitis. Dental bridges and dentures can help to maintain the shape of your face and restore the ability to speak and chew your favourite foods.

# DENTAL EMERGENCY?

## CALL 111.

If you require advice or assistance outside the practice opening hours then please contact the NHS24 service.



# Contact Us

## Get In Touch

01382 699296

[enquiries@snowdropclinic.com](mailto:enquiries@snowdropclinic.com)

## When You Can Pay Us A Visit?

Monday - Friday 9am - 5.30pm

*Closed for lunch 1pm - 2pm*

## Where Are We?

The Snowdrop Clinic  
44 Old Glamis Road  
Dundee  
DD3 8JQ

*Located inside Baird's Pharmacy*