

# WHY SHOULD YOU CONSIDER IMPLANTS?

Dental implants can bring back quality of life, comfort and aesthetics for those suffering from missing teeth. This has a positive impact on your self-confidence and overall mental health – with implants that look and feel like natural teeth.

## The big benefits:

### 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 your jawbone and acts like a natural tooth root.

### They maintain your smile

Functionality and visual appearance go hand in hand. An implant-borne restoration looks like a natural tooth – there is simply no visible evidence and specialised care is not necessary.

### 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.

### No damage to adjacent teeth

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, the neighbouring teeth are left untouched and the natural tooth substance remains intact.

## About Thorpe Dental Group

Thorpe Dental Group in York aim to offer affordable care and service within a professional, friendly and welcoming environment.

We have some of the latest state-of-the-art equipment to provide your restorations in as little as a day. This is through dental implant and prosthetic placements.

Kris Leeson and our Clinical Dental Technician, Joe, work alongside each other, so that you leave the practice able to smile with confidence again!

### Woodthorpe Dental Centre

47 Moorcroft Road, Woodthorpe  
York YO24 2RQ  
Tel: 01904 706795

Email: [woodthorpedentalcentre@yahoo.co.uk](mailto:woodthorpedentalcentre@yahoo.co.uk)

### Bishopthorpe Dental Centre

30 Sim Balk Lane, Bishopthorpe  
York YO23 2QQ  
Tel: 01904 703427

Email: [bishopthorpedentalcentre@yahoo.co.uk](mailto:bishopthorpedentalcentre@yahoo.co.uk)

### Copmanthorpe Dental Centre

6 St Giles Way, Copmanthorpe  
York YO23 3XT  
Tel: 01904 706291

Email: [copmanthorpedentalcentre@yahoo.co.uk](mailto:copmanthorpedentalcentre@yahoo.co.uk)



**POST-OPERATIVE CARE**  
and what you should do  
following an extraction

**thorpe**  
DENTAL GROUP  
& IMPLANT SUITE

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

**thorpe**  
DENTAL GROUP  
& IMPLANT SUITE

## POST-OPERATIVE CARE

You need to look after yourself carefully after you've had a tooth taken out or had any surgery. The following 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 when you take into account the saliva content, which makes it appear like a lot more blood than in 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 piece of clean cotton material for at least 15 minutes. If bleeding continues for more than an hour, contact us.

### 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 us first. If the pain is bad or prolonged for a few days, contact us.

### Rest and recuperate

Rest for as long 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 gauge temperature as accurately, meaning you may burn or scald your mouth. Try to avoid eating food on the side of your mouth where your tooth has been extracted, as this will allow the extraction site to heal properly.

### Tooth brushing

Maintain 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 initial period you can rinse your mouth with salt water, which will help with 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 for the remainder of the day, if not for 24 hours.

### If in doubt, shout

If you have any concerns in regards to your extraction, please call us directly on one of the following numbers:

**Woodthorpe - 01904 706795**

**Bishopthorpe - 01904 703427**

**Copmanthorpe - 01904 706291**

## YOUR SOLUTIONS FOLLOWING TOOTH LOSS OR AN EXTRACTION

### Solution 1: Dental implants



An implant is a small, titanium screw that is placed in the jaw bone to act as an artificial root. Typically implants offer 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 either be 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 in place with dental implants.



### Solution 3: Bridge

A bridge is a more traditional form of 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.

