



Affinity Dental Care &  
Implant Centre

Dental Implant  
Aftercare Instructions



# Dental Bleeding

A certain amount of bleeding is to be expected following oral surgery. Slight bleeding, oozing, or redness in the saliva is not uncommon.

Continuously bite on gauze for **40 minutes**. Do not remove gauze to check for bleeding as it may dislodge the preliminary clots and lead to more bleeding. Large clots may be wiped away. Repeat if necessary.

If you have good firm pressure the bleeding should stop within **4 to 6 hours**.

If bleeding continues, bite on a moistened black tea bag for **30 minutes**. The tannic acid in the tea bag helps to form a clot by contracting bleeding vessels. Do not rinse the first day after surgery.

- Try to keep the tongue away from the surgical site.
- To minimise further bleeding, do not become excited, sit upright, and avoid exercise.
- If bleeding does not subside, call for further instructions.



01452 526 526



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## Sinus Lift/Bone Grafting

- Do **not** disturb the wound.
- Avoid rinsing or touching the wound for at least **24 hours**.
- Do **not** blow your nose for a minimum of 2 weeks following the surgery.
- You can use a decongestant such as Afrin or Sudafed as needed.

## Pain Relief

Provided you have no known allergies:

For mild discomfort take over-the-counter paracetamol or Ibuprofen every **4-6 hours** (these can be taken together if needed e.g. 1x Paracetamol /400-600mg Ibuprofen).

- Keep in mind that a full stomach minimises nausea associated with some prescription medications. A smoothie or a milkshake is a good start.
- **Avoid** alcoholic drinks.
- Pain or discomfort following surgery should subside more and more every day.

If pain persists, it may require attention and you should call the practice **01452 526 526**.



## Antibiotics

If you were given an antibiotics, please take it as directed and finish unless instructed to do so by your doctor.

### IMPORTANT NOTE FOR FEMALE PATIENTS:

Antibiotics may interfere with the effectiveness of your birth control pills. Please check with your **GP**.





# Swelling

Swelling of the face following oral surgery is normal. Swelling can occur around the mouth, cheeks, eyes, and sides of the face and is not uncommon. This is the body's natural reaction to surgery and eventual repair.

Stiffness (**Trismus**) of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is a normal post-operative event that will resolve in time. However, the swelling may be minimised by the immediate use of ice packs.

- Apply ice **20 minutes** on and off for **24-48 hours** following your surgery.
- Ice should be applied to the sides of the face where surgery was performed.
- After **48 hours**, you should discontinue the ice and begin warm packs.
- Elevating your head while sleeping for the first **48 hours** will help minimise swelling.
- Swelling will usually reach its peak on the **3rd** or **4th** day.



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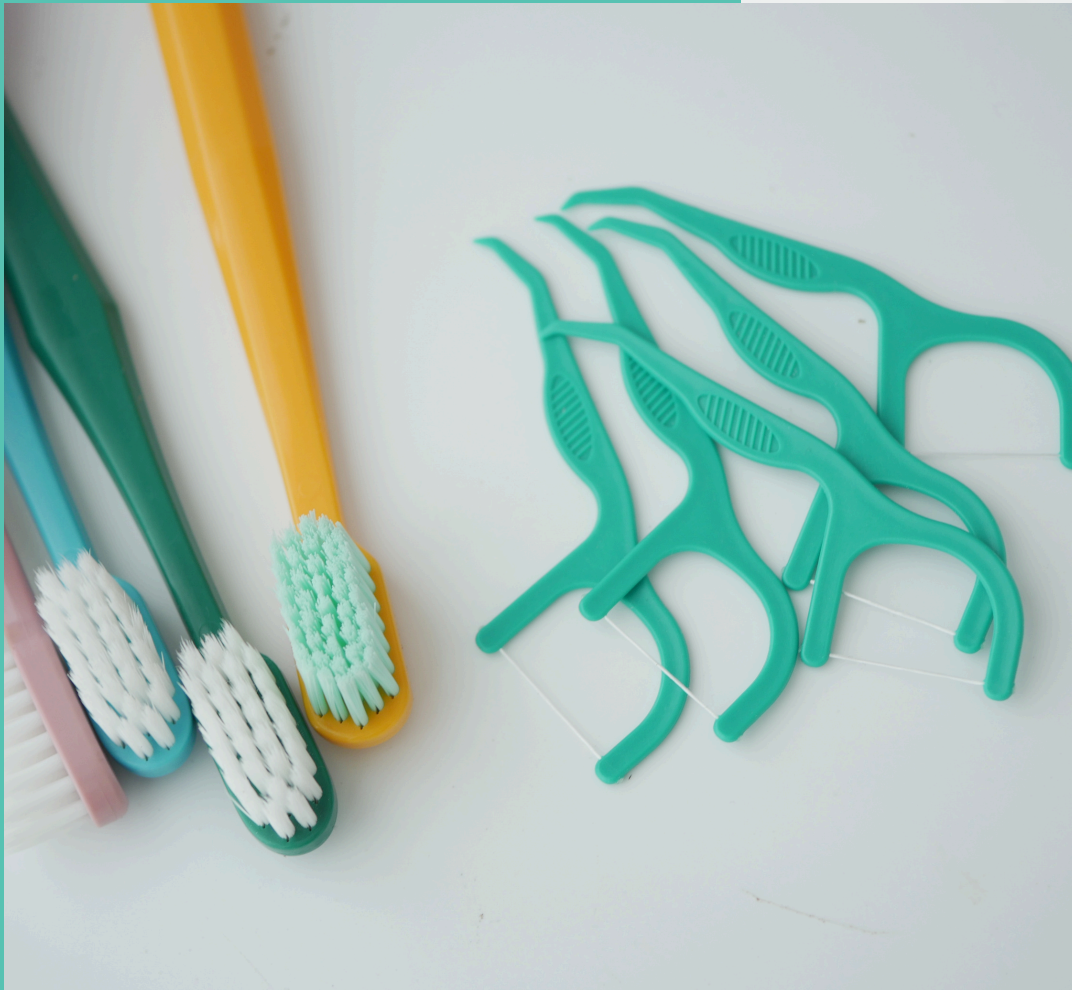
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## Oral Hygiene

No rinsing of any kind should be performed until the day following surgery.

**24 hours** after surgery gently rinse mouth with a solution of one-half teaspoon of salt dissolved in a glass of 4 ounces of warm water at least **5-6 times a day**, (morning, after each meal, and before bed) for **2 weeks**.

You may also resume regular tooth brushing, however, avoid disturbing the surgical site. You may brush all of your teeth with the exception of the implant or bone graft sites starting the day after your oral surgery.

After **4 weeks**, you can start brushing the implant, implant abutments, or bone graft sites with a soft toothbrush, be gentle initially with brushing the surgical areas.



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## Diet

For the first **6 hours** or until the numbness wears off, eat soft foods such as a milkshake, smoothie, yoghurt, ice cream, pudding, applesauce, mashed potatoes, or creamy soup.

You may eat anything soft by chewing away from the surgical sites. High calorie, high protein intake is very important.

After the first **6 hours** or when the numbness wears off, eat soft foods such as pasta, pancakes, eggs, or cooked vegetables.

You should prevent dehydration by taking fluids regularly. Your food intake will be limited for the first few days. You should compensate for this by increasing your fluid intake.

Try not to miss a single meal. You will feel better, have more strength, less discomfort, and heal faster if you continue to eat.

**No** straws, smoking, spitting, or carbonated beverages for **1 week**.

**No** abrasive foods such as crisps, popcorn, seeds, and nuts.



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## Caution

If you suddenly sit up or stand from a lying position you may become dizzy.

If you are lying down following surgery, make sure you sit for one minute before standing.

**PLEASE NOTE:** If you should have a medical emergency call **999**

If you need to reach Dr Peter Workman after hours, please call **07867 533 999** this will reach the Practice Manager.

If you are directed to voicemail please leave a message with your name, telephone number and let them know you need to speak with him.



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# Meet Our Clinical Director & Principal Dentist

## Dr. Peter Workman BDS - A Dedicated Dental Professional

Dr. Peter Workman is the Practice Owner and Clinical Director at Affinity Dental Care & Implant Centre. With a wealth of experience and expertise in the field of dentistry, he has placed thousands of dental implants, establishing himself as a leading figure in dental care.

Hailing from Scotland originally, Dr. Workman relocated to the area in 2000, bringing his talents and commitment to the local community. Over the years, he has pursued a myriad of advanced courses, showcasing his unwavering passion for the field of dentistry.

One of Dr. Workman's standout qualities is his delightful sense of humour, which not only refreshes the atmosphere but also creates a comforting environment for his patients. He takes great pleasure in getting to know and personally caring for each of his patients, building strong, lasting relationships in the process.

Dr. Workman's dedication to learning is evident in his commitment to ongoing professional development. He is ardent about expanding his knowledge and expertise and believes in sharing this wealth of information to enhance the collective skills of his dental team. In this spirit, he also serves as a mentor to fellow dentists, nurturing their growth and advancement in the field.



Outside of the dental realm, Dr. Workman leads a fulfilling life. He enjoys the thrill of skiing, cherishes quality time spent with family and friends, and finds joy in exploring the outdoors on two wheels. His adventurous spirit extends beyond the dental office, making him a well-rounded individual with a zest for life.

Dr. Peter Workman is the embodiment of a dedicated dentist who brings a touch of humour and warmth to his practice. His commitment to ongoing learning, patient care, and mentoring within the dental community has made him a respected and beloved figure in the profession.





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