

ADDITIONAL PERSONAL ADVICE
FROM YOUR DENTIST

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**ADVICE ON COMPLETION OF
DENTAL TREATMENT**

We all hope that your time here at Victoria Dental Practice has been one that you will remember well and you feel happy to return to us for your future dental care, and recommend our service to your friends.

**OUR AIM IS TO GIVE QUALITY FAMILY
DENTAL CARE IN A RELAXED
ENVIRONMENT**

RESTORATIVE TREATMENT

After **new fillings or crowns or bridges** have been placed it sometimes takes a few days for the tooth to become settled again. The tooth may sometimes be a little sensitive to hot or cold but this usually improves over a few days, however if there are any concerns any patient should contact the surgery. Very deep big fillings may take longer, but if there is severe or worsening pain, with or without swellings it may be a sign that the nerve has started to die because of the amount of decay that had been present over its lifetime, and the tooth may need more treatment. After **root fillings** the tooth may feel tender for a couple of days, but it usually begins to settle after that. If there had been a lot of infection, the tooth may feel "different" for a while whilst the body repairs the infected surrounding area with scar tissue. This can vary with the individual and the tooth. If there is a recurrence of swellings or severe pain the patient should contact the surgery, as this may be a sign that further infection has developed. **Root filled teeth** do become brittle, and your dentist may recommend a crown to help protect against the tooth breaking in the future.

Crowns and bridges, and dentures need to be kept clean and maintained like any other tooth to prevent decay around them. Also if the gums are not kept clean and therefore unstable they can move away from the **crown** and the dark margins of the crown can become obvious. To reduce the chance of this regular checkups and hygiene care may be advised, but again it is a variable individual response which needs good home care to reduce the likelihood of it occurring.

HYGIENE THERAPY

When either your dentist or hygienist has performed deep scales or similar hygiene therapy in your mouth, the gums may be tender and the teeth may be more sensitive to hot and cold initially. Your dentist can advise you on your best home care which should help with this, but it is important to keep your mouth as clean as possible to allow it to heal as quickly as possible. On healing, the swollen gums return to a paler pink, but when shrinking back more of the teeth or root may be seen than when they were swollen.

DENTURES

Dentures can take a little while to "bed in", for suction to develop, for speech to settle, and for them to feel totally comfortable. It does help to wear them as much as possible to start with, keep them clean, and also to help by eating soft foods chopped up small initially. However occasionally the dentures rub the mouth or cause pain, in which case, contact the surgery for an ease, and keep them out of the mouth until just before the appointment to allow the mouth to heal a little. Most of the time it is better not to sleep in them, to allow the mouth to breathe, unless your dentist has advised you differently. This is most commonly when you have had extractions on the day they were fitted. This sort of denture is called an **immediate denture**, and then it is important during the first week to take them out only to clean, and sleep in them during that time. In these cases your mouth changes shape whilst healing and these **immediate dentures** usually loosen and you may wish to relines them or make new dentures within 6 months.

EXTRACTIONS

Once a tooth has been removed, it may be sore and swollen for several days and painkillers may be needed. **An advice sheet** will have been given to you in the surgery with more detailed advice on how best to manage the healing, and when to contact the surgery if necessary.

BLEACHING

Bleaching can be a very successful way of brightening your teeth, however the results can be variable between individuals, and the practice cannot guarantee a specific result. Whilst undertaking the bleaching, sometimes your teeth may become sensitive to hot and cold. This usually settles after a few days, and can be helped with the daily use of a fluoride mouthwash and sensodyne toothpaste, but if it is painful it may be better to stop the bleaching, and contact the surgery.

ROUTINE CHECKUPS

Regular checkups and maintenance care reduce the likelihood of complications and extensive treatment later. Even when you are **seeing an orthodontist** still come back here for **regular checkups** as this will not be included in their care.

THE MOST IMPORTANT ADVICE IS; IF IN DOUBT, RING THE PRACTICE, WE WANT TO HELP.