



AFTERCARE GUIDE



PHONE
0141 530 5339

EMAIL
info@pfdgroup.co.uk

ADDRESS
12 Niddrie Square, Glasgow, G42 8QE

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info@pfdgroup.co.uk

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COMPREHENSIVE GUIDE TO FULL ARCH IMPLANTS: RECOVERY & AFTERCARE

Introduction

Congratulations on beginning this transformative journey to restore your smile and improve your quality of life. Choosing full arch implants is a bold step toward achieving a confident, functional, and aesthetically pleasing smile. We're honoured to be part of your journey and are committed to supporting you every step of the way.

Key Benefits of Full Arch Implants

1. Achieve a natural-looking smile with lifelike tooth replacements.
2. Restore confidence in smiling, laughing, and speaking without concern.
3. Regain the ability to enjoy a variety of foods.
4. Maintain a youthful appearance by preserving bone structure and jawline integrity.
5. Enhance oral health with a cleaner tooth structure and reduced risk of decay or gum issues.
6. Benefit from a durable, long-term solution with proper care and maintenance.

Initial Recovery Period (First 48 Hours)

- **Managing Discomfort:** Follow the prescribed medication schedule to minimise discomfort.
- **Handling Bleeding:** Mild bleeding (light pink in saliva) is normal. Use gauze and light pressure to manage it if necessary.
- **Controlling Swelling:** Apply an ice pack or cold compress to reduce inflammation (20 minutes on/off intervals).
- **Maintaining Hygiene:** Avoid rinsing or spitting to prevent disturbing the healing blood clot.

Dietary Guidelines:

- ⇒ Stick to a liquid diet, avoiding hot or spicy foods.
- ⇒ Stay hydrated with water but refrain from using straws.
- ⇒ **Physical Activity:** Avoid rigorous physical activity to reduce the risk of excessive bleeding.

Extended Recovery Period (48 Hours to 2 Weeks)

Oral Hygiene:

- ⇒ Use a chlorhexidine-based mouthwash three times daily for two weeks.
- ⇒ After 2–3 days, gently brush around the implant site with a soft toothbrush.
- ⇒ Refrain from flossing near the surgical area during this time.



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Dietary Adjustments After Treatment:

- ⇒ Eat soft foods like soups, yogurt, and mashed vegetables during the first four weeks.
- ⇒ Gradually transition to a soft chew diet, avoiding hard or crunchy items.
- ⇒ Avoid Smoking: Smoking should be avoided for at least a week post-surgery to promote healing.
- ⇒ Rest and Positioning: Sleep with your head elevated to minimise swelling and bleeding.

Adapting to Your Implants

- Temporary Teeth: These initial prosthetics are designed to protect the implants and may feel different at first. Adjusting to their feel and function is a natural part of the healing process.
- Speech Changes: Temporary changes in speech patterns are common and typically resolve as your mouth adjusts.
- Broken Teeth: If the temporary teeth break, contact us for repairs. Additional charges may apply for repeated replacements.

Long-Term Care and Maintenance

- Schedule regular check-ups to ensure the longevity and health of your implants.
- Annual maintenance appointments are required to keep the warranty valid. These visits include:
- X-rays to monitor bone health.
- Cleaning and inspection of the prosthetic components.
- Adjustments as needed to maintain proper fit and function.
- Addressing any concerns or issues to ensure long-term success



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BONE GRAFTING: RECOVERY & AFTERCARE

Introduction

Bone grafting is an excellent option to enhance the chances of successful tooth replacement by improving the quality and quantity of bone in the affected area. Protecting this investment through proper aftercare is essential for optimal healing and recovery.

First 48 Hours Post-Surgery

Bleeding: Light bleeding or oozing from the surgical site is normal. You may notice small granules from the grafting material in your mouth—this is expected.

Discomfort and Swelling: Swelling and discomfort are normal and may peak 2–3 days post-procedure. Use ice packs periodically to reduce swelling and take prescribed pain medication as instructed.

Healing Timeline: While gum tissue may take several weeks to heal, the bone graft itself may require several months to fully stabilize before further procedures, such as dental implants.

First Week Aftercare Guidelines

1. Avoid touching or disturbing the surgical site with your fingers, tongue, or by pulling at your lip.
2. Stick to soft, bland foods and avoid chewing on the grafted side.
3. Sleep with your head elevated to reduce swelling.
4. Refrain from smoking, vaping, or drinking alcohol entirely.
5. Do not rinse, spit, or use a straw for the first three days. Afterward, clean the area with saline rinses and chlorhexidine mouthwash. Gently irrigate trapped food using the provided syringe, avoiding direct contact with the wound.
6. Take all medications as prescribed by your dentist.



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0141 530 5339

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DENTAL IMPLANTS: RECOVERY & AFTERCARE

Introduction

Dental implants are a revolutionary way to restore your smile and improve functionality. Proper aftercare is essential to ensure successful healing and long-term benefits.

First 48 Hours Post-Surgery

Bleeding: Minor bleeding or pink saliva is normal. Apply gauze for 20–30 minutes if needed.

Swelling: Use an ice pack for 20 minutes on and 20 minutes off to minimize swelling.

Discomfort: Follow your dentist's prescribed pain relief plan.

Avoid: hot foods and drinks, and drink plenty of water, but avoid straws.

First Week Aftercare

- Stick to soft foods like soup, mashed potatoes, and scrambled eggs.
- Gently rinse with chlorhexidine mouthwash daily.
- Avoid smoking, alcohol, or strenuous physical activity.
- Brush gently with a soft toothbrush, avoiding the surgical site for the first 48 hours.

Long-Term Care

- Maintain regular oral hygiene by brushing and flossing daily.
- Attend follow-up appointments to monitor healing and adjust your care plan.
- Schedule yearly check-ups to ensure the health of your implant and overall oral health.



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TOOTH EXTRACTION: RECOVERY & AFTERCARE

Introduction

Tooth extraction is a common procedure that requires proper aftercare to promote healing and prevent complications. Follow these guidelines for a smooth recovery.

First 48 Hours Post-Surgery

- Avoid strenuous activity, smoking, alcohol, and drinking through straws.
- Do not touch the surgical site with fingers or tongue.
- Use damp gauze to manage bleeding if necessary.
- Stick to soft foods and avoid the extraction site while eating.

After 48 Hours

- Resume gentle oral hygiene with a soft toothbrush.
- Rinse with warm salt water after meals to clean the area.
- Follow your dentist's instructions for medications or additional care.



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ROOT DEBRIDEMENT: RECOVERY & AFTERCARE

Introduction

Root debridement is a critical treatment for maintaining gum health and preventing periodontal disease. Adhere to these aftercare steps to ensure effective healing and lasting benefits.

First 48 Hours Post-Treatment

- Tenderness and sensitivity are common. Use over-the-counter pain relief as needed.
- Avoid very hot foods and drinks.
- Apply a cold compress for swelling, 20 minutes on and 20 minutes off.

After Two Weeks

- Use sensitive toothpaste to reduce discomfort from gum recession.
- Rinse with warm salt water to alleviate sensitivity and maintain cleanliness.
- Continue regular oral hygiene and schedule follow-ups as advised.



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CLEAR ALIGNERS : HEALING & AFTERCARE

Introduction

Clear-aligners is a modern, discreet, and effective method for straightening teeth. This guide provides aftercare instructions to help you achieve the best results.

Benefits of Clear-aligners

1. Achieve straighter teeth without the need for traditional braces.
2. Easily remove aligners for eating and cleaning, making maintenance simple.
3. Noticeable improvements in a matter of weeks with shorter treatment times.
4. Enhance your smile and oral health with minimal disruption to your daily life.

Using and Caring for Aligners

- Wear aligners for at least 22 hours a day to ensure progress.
- Remove aligners before eating or drinking to prevent staining or damage.
- Clean aligners daily with a soft toothbrush and avoid using hot water.
- Store aligners in their designated box when not in use to avoid loss or damage.

Long-term Care

- Maintain excellent oral hygiene by brushing and flossing daily.
- Keep previous aligners as backups in case of loss or damage.
- Attend all scheduled check-ups to monitor progress and address any concerns.



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BRACES: HEALING & AFTERCARE

Introduction

Congratulations on choosing Truly for your orthodontic treatment. This guide provides detailed steps for caring for your braces, ensuring effective results and lasting benefits.

What to Expect

- Tenderness and soreness in your teeth are common after braces are placed or tightened.
- Minor speech changes may occur but resolve within 48 hours.

Oral Hygiene

- Brush after every meal and floss daily using interdental brushes.
- Replace your toothbrush every 3 months due to wear from braces.

Dietary Recommendations

- Avoid hard, sticky, or crunchy foods to protect your braces.
- Stick to soft foods initially, such as soup, yogurt, and mashed potatoes.



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TEETH WHITENING: HEALING & AFTERCARE

Introduction

Teeth whitening is a popular treatment to enhance your smile's brightness. Follow this guide to maximise results and maintain your smile's appearance.

Benefits of Teeth Whitening

1. Boost your confidence with a brighter, whiter smile.
2. Improve oral health by reducing plaque and stain build-up.
3. Encourage better oral hygiene habits to maintain long-lasting results.

At-Home Whitening Instructions

- Brush and floss your teeth before each whitening session.
- Apply a small amount of whitening gel to the custom trays.
- Wear trays for the recommended duration, typically 2–6 hours.
- Rinse trays with cold water after use and store them in their case.

Managing Sensitivity

- Use desensitising toothpaste to reduce sensitivity.
- Apply toothpaste to trays for additional relief if needed.
- Limit consumption of staining foods and beverages like coffee and red wine.



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COMPOSITE BONDING: HEALING & AFTERCARE

Introduction

Composite bonding is a fantastic cosmetic solution for enhancing your smile. This guide explains how to care for your treated teeth and maintain their appearance.

What to Expect

- Mild sensitivity is common immediately after the procedure.
- Avoid eating very hard or sticky foods to prevent damage.

Long-term Maintenance

- Brush twice daily and floss regularly to prevent staining.
- Avoid smoking and limit consumption of staining substances like coffee or red wine.



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CONSCIOUS SEDATION: HEALING & AFTERCARE

Introduction

Conscious sedation is a safe and effective way to manage dental anxiety. This guide provides key information for before and after your procedure.

Before Your Appointment

- Avoid smoking and alcohol for at least 24 hours prior.
- Wear comfortable, loose clothing and remove oral piercings.

After Your Appointment

- Have a responsible adult accompany you home.
- Rest for 24 hours and avoid driving or operating machinery.



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DENTAL CROWNS: HEALING & AFTERCARE

Introduction

Dental crowns are a highly effective way to protect and restore damaged teeth. This guide explains how to care for your crown to ensure its durability and maintain oral health.

Benefits of Dental Crowns

1. Prolong the lifespan of your affected tooth by reinforcing its structure.
2. Improve the shape and size of your tooth for better oral hygiene.
3. Eat confidently without worrying about sensitivity or further damage.
4. Enhance the appearance of your smile with natural-looking crowns.

Caring for Your Temporary Crown

- Avoid hard, sticky, or crunchy foods that could dislodge the crown.
- Chew on the opposite side of your mouth to prevent sensitivity.
- Gently floss around the crown, sliding the floss out rather than pulling upwards.

Long-term Maintenance

- Brush twice daily and floss regularly to prevent plaque build-up.
- Use desensitising toothpaste if sensitivity persists.
- Attend regular dental check-ups to monitor the health of your crown.



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info@pfdgroup.co.uk

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DENTAL EXAM AND HYGIENE CLEANING SCALING/ AIRFLOW: HEALING & AFTERCARE

Introduction

A regular dental exam and cleaning are vital steps in maintaining oral health. Here's what to expect after your appointment and how to maintain your results.

Benefits of Regular Dental Care

1. Reversal of early-stage gum disease with healthier gums that no longer bleed.
2. Fresher breath from the removal of tartar and bacteria.
3. Improved appearance with stain-free, polished teeth.
4. Prevention of complex dental procedures through early detection.

Aftercare Tips

- Use toothpaste for sensitive teeth if you experience mild sensitivity.
- Avoid hot drinks immediately after cleaning to prevent irritation.
- Brush and floss daily to maintain your oral hygiene and reduce plaque build-up.



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EMAIL

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COMPOSITE RESTORATION/ FILLINGS: HEALING & AFTERCARE

Introduction

Dental fillings restore damaged teeth, improving functionality and appearance. Follow this guide to care for your new filling and maintain your oral health.

Benefits of Fillings

1. Restore tooth structure, reducing plaque build-up and improving oral hygiene.
2. Enhance the appearance of your smile with natural, colour-matched fillings.
3. Prolong the life of your teeth by preventing further decay or damage.

First 48 Hours

- Avoid biting your cheek, tongue, or lip while numbness wears off.
- Refrain from hot foods or drinks until sensation returns.
- Sensitivity to temperature or pressure may occur and typically resolves within days.

Long-term Care

- Brush twice daily and floss regularly to prevent decay around the filling.
- Avoid excessive consumption of staining foods and drinks like coffee and red wine.
- Schedule regular check-ups to monitor the condition of your filling.



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EMAIL
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ROOT CANAL: HEALING & AFTERCARE

Introduction

Root canal treatment preserves your natural tooth while eliminating infection. This guide provides steps to care for your tooth after treatment and ensure recovery.

Benefits of Root Canal Treatment

1. Relief from toothache caused by infection.
2. Preserve your natural tooth and avoid extractions.
3. Prevent the spread of infection to other parts of the body.

After Your Appointment

- Avoid hot foods or drinks until numbness subsides.
- Stick to soft foods and avoid chewing on the treated side.
- Mild jaw discomfort or tenderness is normal and should improve in a few days.

Long-term Care

- A crown is often recommended to protect and strengthen the treated tooth.
- Maintain excellent oral hygiene to prevent further issues.
- Attend regular dental check-ups to monitor your restored tooth.



PHONE
0141 530 5339

EMAIL
info@pfdgroup.co.uk

ADDRESS
12 Niddrie Square, Glasgow, G42 8QE



PAIN FREE
— DENTISTRY GROUP —



PHONE
0141 530 5339

EMAIL
info@pfdgroup.co.uk

ADDRESS
12 Niddrie Square, Glasgow, G42 8QE