DIGNITY DENTAL PRACTICE
Family & Cosmetic Dentistry

POST-OP INSTRUCTIONS FOR IMMEDIATE DENTURES

Immediately Following Surgery	Immediately after your teeth are removed, the denture will be placed in your mouth by your dentist/oral surgeon. The appliance will act like a bandage to the affected areas and needs to be left in place for a full 24 hours after your surgery. To control facial swelling/bruising, use an ice compress on the affected side(s) for 20 minutes on and 20 minutes off - for the first 24 hours. Gentle biting pressure on the denture is good: it will promote clotting and will decrease the initial flow of blood. Slight bleeding can last 2-3 days.
Bedtime - Day of Surgery	Leave the denture IN, but rinse your mouth with warm salt water before going to bed. (1tsp salt in 1 cup warm water)
Day after Surgery	Starting the day AFTER surgery, carefully remove the denture twice a day and clean with a denture brush and cleanser (do not use toothpaste as it puts scratches on the denture). Rinse your mouth with warm water. DUE TO SWELLING, THE RE-INSERTION OF THE DENTURE MAY BE DIFFICULT AND MAY NEED TO BE ALTERED TO GET IT BACK IN. YOU WILL NEED TO RETURN TO THE OFFICE TO HAVE THE DENTURE ADJUSTED
First Week After Surgery	Limit your diet to soft nurturing foods and plenty of fluids for the first week. Listen carefully to your body. It will tell you if something is too hard for you to bite. Sleep with the denture in your mouth for the first week unless otherwise instructed by your dentist or denturist. After the initial week, you may choose to sleep with the denture in or take it out. Most dental professionals recommend you take it out at night to let your gums "breath." If you sleep with your denture in, make sure you clean it well before you go to bed and again when you wake up. If you sleep with your denture out, clean it well and put it in a container with clean, fresh water to prevent it from drying out. Do not drink anything with a straw, as suction in your mouth can cause a "dry socket".

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First Months After Surgery	Due to the rapid gum shrinkage that occurs within the first 4-6 months after extractions, you will go through periods of a loose-fitting denture. We can re-fit the denture with a healing liner at an extra charge, or you can use POLIDENT; a great product for filling in large gaps, sold at Walmart. This is a normal process that all new denture-wearers must go through. Following the healing period (6 months post extraction), a rebase will be performed to remove all temporary liners and to make the denture fit properly. Rebases will be required every 2 years after that to account for normal changes to the mouth.
Ongoing	You will experience sore spots caused by the denture having uneven pressure distribution on the gums as they change shape. An adjustment appointment will fix this problem. Sore spots are normal and frequent during the healing phase, especially during the first three months after your teeth are extracted.
Adjustments	Adjustments are included within the first 90 days