

# Post-Treatment Instructions

## Immediate Dentures

Dentures are a substitute for not having teeth and only have about 20% of the chewing efficiency of real teeth. They replace a large area of lost gum tissue, bone, and teeth, and often require a period of adjustment.

**1.** Do not take your denture out on the day of surgery. Rinse with warm salt water before you go to bed (1 tsp. salt to 1 cup of warm water). You may take it out 24 hours after your surgery.

**2.** Take all of your medication as directed. Do not drink alcohol while taking your medications.

### **3.** Bleeding and Swelling

**a.** Slight bleeding can last for a couple of days after the procedure. Biting on your denture will hold pressure on the surgical site and reduce bleeding.

**b.** For the first 36 hours after surgery, you can use an ice pack (20 min on, and 20 min off). Avoid using heat.

**c.** For the first week, stick to a soft diet and drink plenty of water.

### **4.** Cleaning

**a.** Remove denture twice daily and clean with water and a soft bristle toothbrush.

**b.** Rinse your mouth with warm salt water

**c.** Polident tablets are great to have to soak your denture in periodically.

**d.** Dentures can be broken when cleaning if they are dropped in the sink. Place a washcloth in the sink to prevent the denture from breaking if it is dropped.

### **5.** Sore spots

**a.** It is normal to have sore spots after wearing the denture for 24 hours.

**b.** Call to schedule follow up appointments for adjustments, and be sure that you wear the denture for 24 hours prior to coming in so that we can see exactly where/how much to adjust.

### **6.** Home Care and Follow Up

**a.** After the initial 24 hours after your surgery, do not sleep in your dentures. It is important to let your tissue heal.

**b.** Once the teeth are extracted, you will notice a significant amount of bone loss. After 3-6 weeks, the dentures will become very loose and may need a temporary reline. After 6 months of healing time, a laboratory "hard" reline will be needed. The laboratory reline is a separate procedure and is an additional cost.