

Post-Treatment Instructions

Stay Plate

Today a temporary immediate removable appliance was delivered that is called a:

STAY PLATE (aka flipper)

Here are some instructions to make the transition as smooth as possible:

Please wear the appliance as directed:

The appliance should be worn for 24hrs after extraction. After the initial 24 hours after your surgery, do not sleep in your dentures. It is important to let your tissue heal.

Food:

Do your best to wear the appliance when you eat.

Home Care:

- a. Remove denture twice daily and clean with water and a soft bristle toothbrush.
- b. Also remove the appliance to clean your remaining teeth as directed.
- 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.

Sore spots:

- a. It is normal to have sore spots after wearing the stay plate for 24 hours.
- b. Call to schedule follow up appointments for adjustments, and be sure that you wear the stay plate for 24 hours prior to coming in so that we can see exactly where/how much to adjust.