

Post-Op Instructions IMMEDIATE DENTURES

Slight bleeding can be expected to last up to 2-3 days though. If swelling occurs, place an ice bag (or chopped ice in a towel) on the swelling site. Alternate applying the ice for 10 minutes and leaving the ice off for 10 minutes for about 3-4 hours. Repeat this process if necessary for the first 36 hours.

Remember to take your chosen over-the-counter pain medication, as discussed. You may have also been given a prescription for a stronger pain medication. If there is still a slight bit of discomfort after using the over-the-counter medication, have the prescription filled and use it as needed and as directed. If you were given a prescription for antibiotics, you must take them as directed and until they are all gone so that the infection won't take over, even if the area feels fine. Remember, when you don't finish a prescription for antibiotics, you risk the chance of reinfection.

For the first 24 hours, **DO NOT** smoke or drink through a straw. **DO NOT** drink alcohol, soft drink or hot liquids. **DO NOT** blow your nose or spit excessively. All these things can cause the blood clot over the surgical site to be lost and pain may occur. Minimise speaking today and keep your head elevated.

DO NOT take the denture out today, but rinse your mouth with warm salt water 24 hours after the extractions. (1 1/4 teaspoon of salt to 1 cup of water)

DO maintain a soft diet for the first week. Drink plenty of liquids also to help remove any bacteria and to dilute any swallowed blood which can cause nausea.

Starting tomorrow, carefully remove the denture once a day and clean the denture with a denture cleanser, a low abrasion toothpaste or salt water. Rinse your mouth each time with warm salt water. **REPLACE DENTURE BACK IN IMMEDIATELY** and keep in place. Only remove the denture to clean once a day.

Sleep with the denture in your mouth for the first week or as directed. After this initial period, you should take the denture out each night when sleeping in order to relax the gum tissue.

Due to the gum shrinkage that occurs within the first 9 months, you may go through periods when the denture will be loose fitting. A temporary liner will be inserted as needed within 1 – 3 months. Denture adhesives can also be used during this period.

Temporary dentures are thin to allow for future relines. Accidental breakages can occur if they are dropped or if excessively hard foods are eaten. Breakage of the temporary dentures are covered for 9 months during which healing occurs.

Following the gum shrinkage period (approximately 9 months) a more permanent rebase will be placed or a new denture will be required.

You may experience sore spots caused by the denture being too long or from uneven pressure being applied to the healing gum tissue. We will adjust the denture as these problems occur. Just give our surgery a call on to set up an appointment.

If you have any concerns, phone us on:

07 3357 4177