

## Post-Operative Instructions for Immediate Dentures

We hope your experience at Happy Smiles Family Dentistry has been a pleasant one! Please read these instructions carefully to help with the healing process and ensure the procedure's success.

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.

Gentle biting pressure on the denture is good: it will promote clotting and will decrease the initial flow of blood. Slight bleeding can last for 2 to 3 days.

### First Day:

To control facial swelling/bruising, use an ice compress on affected side(s) for 20 minutes on and 20 minutes off for the first 24 hours.

Before going to bed, leave the denture in, but rinse your mouth with warm salt water (1 teaspoon salt in 1 cup warm water).

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. **We highly recommend being in the office the first time your denture is removed after surgery. Swelling can make reinsertion difficult, and the denture may need to be altered to get it back in.**

### First Week:

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 First Week:

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 "breathe". 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 dry socket.**

Due to the rapid gum shrinkage that occurs within the first 12 months after extractions, **you will go through periods of a loose-fitting denture**. We can refit the denture with a healing liner at an extra charge. This is a normal process that all new denture-wearers must go through.

Following the healing period (12 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 to account for normal changes to the mouth.**

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 3 months after your teeth are extracted.

**If you have any questions or are concerned about any symptoms, please call Happy Smiles Family Dentistry at (847)524-0488.**