

## Post-Op Instructions for Immediate Dentures

- Do not take your denture out today. Rinse your mouth with warm saltwater, before going to bed (dissolve 1 tsp salt in 1 cup warm water).
- Ibuprofen (i.e., Advil, Motrin) 400-800 mg every 6 hours usually will provide sufficient pain relief. Be sure to take this with food. Additional medications will be prescribed if needed.
- Antibiotics may be prescribed for infection. All this medication should be taken as directed unless an allergic reaction develops. If there are signs of an allergic reaction (ie. rash, itching, unusual swelling), stop taking the medication immediately and call our office. If the reaction is severe (i.e., difficulty breathing), go to the nearest Emergency Room.
- NO ALCOHOLIC beverages should be consumed while taking these medications.
- Starting tomorrow, carefully remove your denture twice a day. Clean the denture with a denture cleaner or mild hand soap. With the denture out, gently rinse your mouth with warm salt water. Gently reinsert your denture.
- Slight bleeding can last up to 2-3 days. Biting pressure on the denture will promote clotting and decrease bleeding. Do not "chew" the denture as this can create a pumping action which can increase the bleeding.
- For the first 36 hours, apply an ice pack to the affected side for 20 minutes on, then 20 minutes off. Do this as many times as possible during the waking hours. Avoid heat to the outside of the affected side.
- For the first week, limit your diet to soft, nurturing foods. Be sure to drink plenty of water (8 glasses/day).
- Sleep with the denture in your mouth for one week unless otherwise instructed. Sleep with your head slightly elevated. After one week, remove the denture while sleeping to allow your gum tissue to relax.
- If stitches have been placed, they will need to be removed in 7-10 days.
- Gum shrinkage may occur within the first six months; therefore, you may experience periods of a loose-fitting denture. A temporary liner will be inserted if needed. Denture adhesives may also be used once surgical sites have healed.
- After the six-month adjustment period, gum tissue and bone will have changed shape dramatically. At this point, fabrication of a new denture is recommended.
- Should you experience sore spots caused by the denture, call for an appointment so we can make necessary adjustments.

**IF YOU ANY QUESTIONS OR CONCERNS ABOUT YOUR TREATMENT PLEASE CALL OUR OFFICE AT (661) 273-3600**