

## Home Care Instructions for Immediate Dentures

Dentures are an artificial replacement of your natural teeth, and just as with any other prosthesis, it will not behave and function exactly as what it has replaced. The dentures may be uncomfortable and awkward at first, and will likely require several adjustments during the initial “breaking in” stages.

### **Bleeding**

Maintain pressure over the surgical sites by keeping your denture in place for a full 24 hours following your extractions. The denture will act as a Band-Aid over the surgical sites. If there is an area that persist in oozing, the denture can be removed and a gauze can be applied over the sites for 45 minutes. As soon as possible replace the denture. A reddish colored saliva is normal for the first 24 hours, however, if there is an excessive amount of blood in your mouth, you should contact our office immediately.

### **Oral Hygiene**

Do not rinse your mouth for the first 24 hours following surgery. After 24 hours, you may rinse your mouth after every meal and before bedtime with warm salt water (one teaspoon of salt in a cup of warm water). Before your rinse, you will have to remove the denture and clean the denture under cold water using only a denture brush (without any soaps, cleaners or toothpaste). After rinsing, you may reinsert your denture. Once the denture is in place, you may brush and clean any natural teeth as you normally would. Repeat this process for the next three mornings.

After the initial 3 days of following the above routine, you should take the denture out at bedtime. Put the denture in a denture cup or container and cover it with clean, cold water while you sleep.

### **Swelling**

A certain amount of swelling and possibly bruising of the skin around the jaw is normal. To control the swelling, apply ice pack against face for 20 minutes then remove for 20 minutes and repeat as much as possible for the first 24 to 48 hours. After 48 hours, do not use ice. Apply warm moist heat on and off for 20 minutes to control swelling after 48 hours. For the first 3 to 5 days, do not remove the denture(s) for a prolonged time, it may be difficult to replace the denture(s) due to swelling.

### **Diet**

Remove gauze before eating or drinking. Your first meal after surgery should be liquid. You can advance to soft food and regular diet as tolerated. Do not skip meals, drink through a straw, or drink carbonated drinks for the first 36 hours as this can promote bleeding and delay healing.

### **Comfort**

Generally, 400 to 800mg Ibuprofen (i.e. two to four over-the-counter tablets of Advil, Motrin or generic ibuprofen) every six hours, is all that is needed for post-operative soreness. If you have an allergy or sensitivity to Ibuprofen or have advised not to use it, you may take up to 1000mg of Acetaminophen (i.e. three regular Tylenol tablets or two extra-strength Tylenol tablets) every six hours.

### **Sore Spots**

It is not unusual for your mouth to have a few “sore spots” after wearing the denture for 24 hours. These areas can be relieved easily at follow up appointments. If a severe sore spot develops which prevents wearing the denture and an appointment is made for adjustment, please wear the denture for 24 hours prior to the appointment. This will greatly aid in pinpointing the exact location of the soreness, making adjustments significantly easier and more predictable.

### **Activity**

Restrict your physical activity for the first 24 hours following surgery. If you smoke, restrict smoking for the first 24 to 36 hours following your surgery. You should sleep with your head elevated on two pillows and keep the pillows covered with a towel for the first two days. If you have had sedation, you should not operate a motor vehicle, machinery, or sign any important documents for the first 24 hours following surgery. Narcotic containing pain medications can also cause drowsiness. Follow special instructions which may be on any medications prescribed for you. After 5 to 7 days, it is important to remove the denture(s) at night to allow your gums to rest.

### **Return Visit**

It is important that you make an appointment to further evaluate fit and bite, which can change drastically over the first few weeks as healing progresses.

**If you have any questions or concerns, please call us at (504) 366-3052. After office hours, you can call us at (504) 475-8403 or email us at [info@geauxsmiles.com](mailto:info@geauxsmiles.com).**