



LIGHT DENTAL STUDIOS

Post Op Instructions for Immediate Dentures

- 1) For the first 24 hours your immediate denture is not to be removed from your mouth. If the denture is removed, swelling may occur that will make it difficult or impossible to replace the denture. Oozing of blood around the denture is normal and is not cause for concern. Your immediate denture not only replaces your missing teeth, but it is acting to protect the surgical site, and control swelling and bleeding. The denture needs to be in place to be effective.
- 2) Do not rinse your mouth for 24 hours; however, continue to brush your remaining teeth carefully. After 24 hours, we will see you for your first follow-up. After 48 hours, you can begin gently rinsing your mouth with a lukewarm salt-water solution (1/2 teaspoon of table salt in an 8 oz. glass of warm water). Rinse 3-4 times per day for 4-5 days. Take care not to strain or empty your mouth with undue force.
- 3) After extractions, do not spit, rinse, smoke, or suck on a straw. Avoid hot or carbonated beverages. All these things can dislodge blood clots that are necessary for healing and lead to dry socket.
- 4) Take all medications as prescribed. Pain level and intensity vary greatly depending on a number of factors. Some pain and discomfort are expected following oral surgery procedures. Provided you have not had adverse reactions to NSAIDs (e.g. ibuprofen, naproxen, etc.) and related medication, follow the Pain Management Protocol you were given.
- 5) Swelling is common after oral surgery for up to one week with the maximum amount of swelling usually present 2-3 days after surgery. The swelling will slowly resolve over 4-7 days. Apply an ice bag to the outside of the face for 15-20 minutes, and then leave off for 15-20 minutes. Repeat for 1-3 days, and then discontinue using the ice. This will reduce discomfort, bleeding, and swelling.
- 6) Soft foods that don't require chewing for the first few days are recommended. Avoid hard or crunchy foods. Drink plenty of water, but do not go on a liquid diet. Avoid strenuous activity for the first 24-48 hours. You may resume normal physical activity as tolerated 2-3 days after your surgery.

What to Expect

- 1) **UPPER DENTURE FIT** – Your new denture may feel awkward or bulky. This is normal, and you will eventually become accustomed to wearing it. Initially, you may be asked to wear your dentures all the time. Although this may be uncomfortable at first, it's the quickest way to identify areas that may need adjustments.

- 2) LOWER DENTURE FIT – Unlike upper dentures that has the entire roof of the mouth to provide surface area for retention, your lower denture relies solely on your jaw to keep it in place. This is due to tongue space limiting the surface area to which the denture can rest. This means lower dentures are less retentive without natural teeth or implants to use as support. Therefore, if restoring natural teeth as anchors is not an option, implant-supported lower denture is recommended. However, if this is not a viable option for you, you may need denture adhesives to keep the lower in place to minimize rocking, shifting, and/or dislodging during function.
- 3) DENTURE TEETH – Since full dentures rely on soft tissue (not teeth or bone) for support, the denture teeth are limited in what they're capable of in terms of function. Front teeth are for esthetics and speech more so than for chewing. If you have both upper and lower complete dentures, it is recommended that you rely on back denture teeth only for chewing (see Diet section below for details). Attempting to use the front denture teeth to bite a sandwich, for example, may lead to dislodging the dentures out of your mouth as they are not anchored to anything but soft tissue and so it can move when too much pressure is applied to the front rather than back.
- 4) SORE SPOTS – If the denture puts too much pressure on a particular area, that spot will become sore. Your dentist will adjust the denture to fit more comfortably. After making adjustments, your dentist will probably recommend that you take denture out of the mouth before going to bed and replace it in the morning.
- 5) DIET – Denture teeth are different from natural teeth in that they rest on your gums (soft tissue) rather than anchored to your jaw (hard tissue). It is estimated that natural teeth can withstand 6 or more times the chewing force compared to denture teeth. As a result, chewing function is significantly diminished compared to that of nature teeth. Eat soft foods and cut foods into small pieces before placing them on the back-denture teeth for chewing. Attempting to use front denture teeth may result in dislodging it from the mouth. Avoid sticky and hard foods. Always thoroughly rinse the denture before placing it in your mouth after each meal.
- 6) SPEECH – If you find it difficult to pronounce certain words, practice reading out loud. Repeat the words that give you trouble. With time, you will become accustomed to speaking properly with your denture.
- 7) HOME CARE – Remove dentures when going to sleep after 2-3 weeks. Massage your gums nightly to improve blood circulation after wearing your denture during the day. Clean your dentures daily to avoid permanent stain formation. A denture could lose its proper shape if it is not kept moist. Store them in a case with a few drops of water to keep it moist. Look for denture cleansers with the American Dental Association Seal of Acceptance at your local drug store.