



## After Your Dental Procedure...

We are committed to providing the same quality of care following procedures that began during your initial visit. To that end, please refer to some general post-operative guidelines below, and by all means, **CALL** at any hour of any day to report any continuing problem.

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### CARE AFTER RECEIVING DENTURES

1. Immediately after your teeth are removed, the denture will be placed in your mouth by your dentist. 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.

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.

2. Leave the denture IN, but rinse your mouth with warm salt water before going to bed. (1 tsp. salt in 1 cup warm water.)
3. 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.
4. 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.

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 a 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 for the first couple of weeks, as suction in your mouth can cause "dry socket".

5. Due to the rapid gum shrinkage that occurs within the first 12 months after extractions, you will go through periods of loose-fitting denture. We can re-fit the denture with a healing liner for the first few months, or you may use adhesive. Then at an additional charge we will do a permanent relines once the healing process is complete. This is a normal process that all new denture-wearers must go through.

Following the healing period (approx. 6-12 months post extractions), a relines will be performed to remove all temporary liners and to make the denture fit properly. Relines may be required every couple of years after that to account for normal changes to mouth.

6. 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 further questions please contact our office as soon as possible at (208) 667-8282.