

# **CARE INSTRUCTIONS**

## **multiple extractions and placement of an immediate denture**

### **pre-op and post-op instructions**

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#### **Cleaning**

For the first 24 hours after your extractions your immediate denture is not to be removed from your mouth. You may begin to remove the denture after 48 hours for a few minutes at a time for gentle cleaning of your mouth. **YOU WILL CONTINUE TO WEAR YOUR DENTURE 24/7 FOR THE NEXT FIVE DAYS.** If the denture is removed for extended periods at this early stage of healing, swelling may occur around the extraction sites 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.

After 48 hours, you can now begin gently rinsing your mouth every 3-4 hours (especially after meals) using 1/4 teaspoon of salt dissolved in a glass of warm water. Continue this process for several days.

Remove and brush your denture with a denture brush after each meal. You can use water or a denture-specific foam such as Polident Fresh Cleanse Foaming Cleanser. Do not use regular toothpaste. After five days you will be able to remove your denture for longer periods and while you sleep. At night, dentures can be soaked in water or a denture cleaner such as Novadent Denture and Dental Appliance Cleaner, which can be purchased at our office.

#### **Follow-up**

In the days following your extractions, you will see your dentist for your first follow-up and denture adjustment. Adjustments during the first three months after insertion of the denture will be free of charge. Any adjustments required beyond three months may have a charge.

#### **Fit and Denture Adjustments**

The fit of your immediate denture will change as your mouth heals. As healing occurs, the dental ridges change shape, generally shrinking in size. An immediate denture is often only a temporary denture, which will require adjusting, relining or replacement after final healing of the mouth. Dental extraction sockets take at least 6 months to heal and fill in with new bone. After the dental extraction sockets have healed over with new gum tissue (2-6 weeks) you may find a denture adhesive paste or powder is helpful to stabilize your denture.

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#### **Smoking and Sucking**

No smoking, drinking from a straw, or other types of sucking activity is advised for 7 days. Do not rinse your mouth vigorously. Avoid hot or carbonated beverages. All of these can dislodge blood clots that are necessary for healing.

#### **Pain**

Use an over-the-counter pain reliever, such as Advil or Tylenol for mild to moderate pain. Your dentist may provide you with a prescription. Take all medications as prescribed.

#### **Swelling**

An ice pack or ice wrapped in a towel should be applied to any swelling for 30 minutes on and 30 minutes off, for 4-5 hours. This will reduce discomfort, bleeding and swelling.

#### **Food and Activity**

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 extractions.

#### **Speech**

Dentures cover areas of the jaws and palate that are generally exposed. Most patients will adapt to the new prosthesis within two weeks, although some patients do require more time. We recommend reading or singing aloud for several days for your speech to accommodate to your new teeth.