



Home Care Instructions for Immediate Dentures

DO NOT TAKE THE DENTURE(S) OUT UNTIL 24 HOURS HAVE PASSED FOLLOWING YOUR EXTRACTIONS. The denture(s) will act as a band-aid over the surgical sites. If there is an area that persists in oozing, the denture(s) can be removed, and a gauze can be applied over the sites for 20 minutes. Replace the denture(s) immediately after bleeding has subsided. A reddish colored blood-tinged 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.

RINSING: Do not rinse your mouth for the first 24 hours following surgery. After the first 24 hours, use warm saltwater rinses (1/4 tsp. salt in 8oz. glass warm water) after every meal and before bedtime. Remove the denture(s), rinse your mouth, and clean the denture(s), then immediately replace the denture(s) in your mouth. Repeat the above procedure for the next couple of days. On the third day after your extractions, you should take the denture(s) out at bedtime. Rinse and scrub the denture(s) with denture brush, soap, and water. Rinse your mouth again with the warm salt water. Put the denture(s) in a denture cup/container and cover it with clean, cold water. Leave it there while you sleep. After the third day, it is important to remove the denture(s) at night to allow the gums to "Rest". In the morning rinse the denture(s) and place in your mouth. Continue with the warm saltwater rinses for at least 7-10 days post-surgery.

SWELLING: Swelling is a normal occurrence after surgery and will not reach its maximum until 2-3 days after surgery. It can be minimized by using a cold pack applied gently to the area adjacent to the surgical site. This should be applied 20 minutes on and 20 minutes off during the first 24 hours after surgery.

After 48 hours do not use ice. Warm moist heat (applied 20 minutes on and 20 minutes off) may be used to control swelling after 48 hours, if any persists. For the first 3 days DO NOT REMOVE THE DENTURE(S) FOR A PROLONGED TIME, it may be difficult to replace the denture(s) due to swelling.



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

COMFORT: Take your medications as directed. Try not to take your pain medicine on an empty stomach, as it may cause stomach upset. Narcotic containing pain medications can also cause drowsiness, you should not operate a motor vehicle or heavy machinery while taking the medication. If the antibiotic irritates your stomach, taking oral probiotics will also be helpful

ACTIVITY: Restrict your physical activity for the first 24 hours following your surgery. If you smoke, restrict smoking for the first 24 to 36 hours following your surgery. If you drink Alcohol, that too should be avoided for the first 24-48 hours, as alcohol is a blood thinner and has the potential to cause complications.

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.

In case of emergency, questions or concerns please call our office at (301) 468-9760.