

# norman family dentistry



(405) 321-6506

## Post-Op Instructions for an Immediate Denture

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, control swelling, and control bleeding. The denture needs to be in place to be effective.

Do not rinse your mouth with anything for 24 hours; however, continue to brush your remaining teeth carefully. In addition, gently rinse your mouth with a lukewarm salt-water solution (made by dissolving 1/2 teaspoon of table salt in an 8 oz. glass of warm water.) Rinse 3 to 4 times a day for four or five days. Take care not to strain or empty your mouth with undue force.

After extractions do not spit, smoke or suck on a straw. Do not rinse your mouth vigorously. Do not drink any hot beverages or carbonated beverages. All of these things can dislodge blood clots that are necessary for healing.

Take all medications as prescribed. If a prescription for pain is written, you should not operate a motor vehicle while taking this medication. Some discomfort may be expected following oral surgery procedures.

One or two aspirin or Ibuprofen every 4-6 hours will usually relieve discomfort. You can take up to 800 mg of Ibuprofen every 6 hours (do not exceed 3200mg in a 24 hour period). If you cannot take aspirin or aspirin related medication then one or two Tylenol tablets every three to four hours will usually relieve the discomfort.

Swelling is common after oral surgery for up to one week with the maximum amount of swelling usually present on the second day after surgery. The swelling will slowly resolve over 4-7 days. Apply an ice bag to the outside of the face for 20 minutes, and then leave off for 20 minutes. Repeat this procedure for 24 hours, and then discontinue using the ice. This will reduce discomfort, bleeding and swelling.

It is important to know that your gums and jawbones were not designed to support plastic teeth so a new denture will be uncomfortable. It may feel loose while the muscles of your cheeks and tongue learn to hold it in place. You may feel minor irritation or soreness and saliva may increase. You may bite your cheeks or tongue as you learn to use your new denture.

It takes practice and patience to eat with dentures. Start with soft foods cut into small pieces. Chew slowly and use both sides of your mouth at the same time to keep the denture from moving out of place. Don't bite with your front teeth. That can cause your denture to tip and come loose. As you adjust to the denture, add other types of foods until you're back to your normal diet.

Although your denture is custom made to fit your mouth, due to swelling and changes in gums and bone you will require a denture reline. We suggest a reline as soon as a month after getting your immediate denture, which is included in the cost.