



(303)989-1423 • Union Blvd #495, Lakewood, Co 80228

Post OP Care for Immediate Dentures

- With any immediate denture, you will not need to change any gauze. The denture will act as a band-aid. Oozing of blood around the denture is normal and should not be cause for concern. The bleeding will gradually lessen over the first few hours. If for any reason you are concerned about the amount of bleeding you are having, please call the office.
- You may eat and drink. Soft foods are advised for the first 24-48 hours. Try to avoid the surgical sites when eating. Drink as much liquid as possible, but do not go on a liquid diet unless instructed to do so. **Do not consume liquids through a straw.**
- You may resume normal physical activity as tolerated 2-3 days after your surgery.
- Do not rinse your mouth with anything for 24 hours, but do continue to carefully brush your remaining teeth. After 24 hours gently rinse your mouth with a warm salt water solution($\frac{1}{2}$ teaspoon table salt in 8 oz glass of water.) Rinse 3 to 4 times daily for the next 4-5 days. **Do not swish or spit forcefully**, let the water fall from your mouth into a sink.
- Take all medications as they have been prescribed to you. If a prescription for a pain medication is written do not operate a motor vehicle while taking this medication. Some discomfort may be expected following oral surgery procedures. 1-2 aspirin or Tylenol tablets every 4 hours will usually relieve the discomfort. If greater discomfort is anticipated a prescription will be given.
- Swelling is common up to one week after oral surgery with the maximum amount of swelling usually present on the second or third day after surgery. The swelling will slowly resolve in 4-7 days. You may apply an ice bag to the outside of the face for 20 minutes then leave off for 20 minutes to help to reduce discomfort, bleeding, and swelling. Repeat this multiple times in a 24 hour period.
- Discoloration of the face may occur following surgery. This should not cause concern.
- Tightness in the cheek and limitation in opening the mouth may occur for several days. The warm salt-water rinses will be helpful in relieving this discomfort.
- You may notice sharp bony projections. During the healing process, these fragments of bone may loosen and work up through the gum. They are not roots. Often they work themselves out. Return for their simple removal if uncomfortable.
- Leave your dentures in for the first 24 hours to help reduce swelling. You may remove them the next morning to begin your warm salt-water rinses. Put your dentures back in immediately. Leave your dentures in at night until you are instructed differently.
- Sutures, if they were used, do not usually have to be removed. They will dissolve in 7-10 days. If you are instructed that your sutures will need to be removed this will occur at the post operative appointment.