



Post-Operative Instructions After Placement of an Immediate (aka “Healing”) Denture

1. 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 empty spaces, but it is acting to protect the surgical site, and control swelling and bleeding. The denture needs to be in place to be effective.
2. Do not rinse your mouth for 24 hours; however, continue to brush your remaining teeth (if any) carefully. After 24 hours, we will see you for your 1st follow-up. After 48 hours, you can now begin gently rinsing your mouth with a lukewarm salt-water solution (1/2 teaspoon of table salt in an 8 oz. glass of warm water.) Rinse 3-4x/day for 4-5 days. Take care not to strain or empty your mouth with undue force.
3. After extractions do not spit, rinse, smoke or suck on a straw. Avoid hot or carbonated beverages. All of these things can dislodge blood clots that are necessary for healing.
4. Take all medications as prescribed. Pain level and intensity vary greatly depending on a number factors. Some pain and discomfort is expected following oral surgery procedures. Provided you have not had adverse reactions to NSAIDs (e.g. ibuprofen, naproxen, etc.) and related medication, follow the Pain Management Protocol you were given by your doctor.
5. Swelling is common after oral surgery for up to one week with the maximum amount of swelling usually present 2-3 days after surgery. The swelling will slowly resolve over 4-7 days. Apply an ice bag to the outside of the face for 15-20 minutes, and then leave off for 15-20 minutes. Repeat for 24 hours, and then discontinue using the ice. This will reduce discomfort, bleeding and swelling.
6. 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 surgery
7. Remember, this is a healing denture which will feel looser as your gums heal from the surgery. Depending on your case, your denture may start to feel loose within days to weeks after the surgery. If the looseness is intolerable, a temporary gel material can be used to tighten the healing denture for a while. There is a fee for this service that can be discussed with our office staff. The doctor will make the determination if your gums are ready for the gel material.
8. Complete healing will take approximately 6-8 weeks. At this point, the doctor will make a determination if you are ready for impressions for your permanent dentures or to reline the immediate dentures.