

## Home Care Instructions for Immediate Dentures

- Bleeding** Maintain pressure over the surgical sites by keeping your denture in place. The denture will act as a band-aid over the surgical sites. If there is an area that persists in oozing, the denture can be removed and a gauze can be applied over the sites for 45 minutes. As soon as possible replace the denture. A reddish colored saliva is normal for the first 24 hours, however, if there is an excessive amount of blood in your mouth, you should contact the office immediately.
- Rinsing** **Do not rinse your mouth for the first 24 hours following surgery.** Then, use warm salt water rinses (1/4 tsp. salt in 8oz. glass warm water) after every meal and before bedtime. You will have to **remove** the denture, rinse your mouth and clean the denture, then immediately replace the denture.
- Swelling** A certain amount of swelling and possibly bruising of the skin around the jaws is normal and is of no concern. Ice packs applied against the face 20 minutes then remove for 20 minutes and repeated as much as possible for the first 24 to 48 hours will help control some of the swelling. 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. For the first 3 to 5 days **DO NOT REMOVE THE DENTURE(S) FOR A PROLONGED TIME**, it may be difficult to replace the denture(s) due to swelling.
- Diet** **Remove Gauze before eating or drinking. 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 for the first 36 hours** as this can promote bleeding and delay healing.
- Comfort** Take your pain medication as directed. Try not to take your pain medicine on an empty stomach as it may cause stomach upset.
- 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. 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. **Narcotic containing pain medications can also cause drowsiness.** Follow special instructions which may be on any medication prescribed for you. After 5 to 7 days, it is important to remove the denture(s) at night to allow the gums to "Rest"
- Return Visit** It is important that you keep this appointment for evaluation of healing. It is important that you make an appointment with your restorative Dentist to further evaluate fit and bite, which can change drastically over the first few weeks as healing progresses.

