



After Placement of an Immediate Denture - Post Operative Instructions

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 missing teeth, 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 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. **Do NOT** spit, rinse, smoke, suck on a straw or cause any negative pressure in the mouth. Avoid hot or carbonated beverages. All these things can dislodge blood clots that are necessary for healing.
4. **Take all medications as prescribed.** Pain level and intensity vary. 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.
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. **Diet:** Soft foods that don't require chewing for the first few days are recommended. Avoid hard or crunchy foods.
7. Drink plenty of water, but do not go on a liquid diet.
8. Avoid strenuous activity for the first 24-48 hours.

You may resume **normal physical activity as tolerated 2-3 days** after your surgery.

If you have any questions or concerns, please feel free to call our office at 623-583-0151