



Immediate Denture Post-Operative Instructions

Dentures are a substitute for not having teeth and only have about 20% of the chewing efficiency of real teeth. They replace a large area of lost gum tissue, bone, and teeth, and often require a period of adjustment.

1. Do not take your denture out on the day of surgery. Rinse with warm salt water before you go to bed (1 tsp. salt to 1 cup of warm water). You may take it out 24 hours after your surgery.
2. Take all of your medication as directed. Do not drink alcohol while taking your medications.
3. **Bleeding and Swelling**
 - a. Slight bleeding can last for a couple of days after the procedure. Biting on your denture will hold pressure on the surgical site and reduce bleeding.
 - b. For the first 36 hours after surgery, you can use an ice pack (20 min on, and 20 min off). Avoid using heat.
 - c. For the first week, stick to a soft diet and drink plenty of water.
4. **Cleaning**
 - a. Remove denture twice daily and clean with water and a soft bristle toothbrush.
 - b. Rinse your mouth with warm salt water
 - c. Polident tablets are great to have to soak your denture in periodically.
 - d. Dentures can be broken when cleaning if they are dropped in the sink. Place a washcloth in the sink to prevent the denture from breaking if it is dropped.
5. **Sore spots**
 - a. It is normal to have sore spots after wearing the denture for 24 hours.
 - b. Call to schedule follow up appointments for adjustments, and be sure that you wear the denture for 24 hours prior to coming in so that we can see exactly where/how much to adjust.
6. **Home Care and Follow Up**
 - a. After the initial 24 hours after your surgery, do not sleep in your dentures. It is important to let your tissue heal.
 - b. Once the teeth are extracted, you will notice a significant amount of bone loss. After 3-6 weeks, the dentures will become very loose and will need a temporary relines. The first temporary relines is included in the price of the immediate denture. After 6 months of healing time, a laboratory "hard" relines will be needed. The laboratory relines is a separate procedure and is an additional cost.