

## Post-operative Instructions: Immediate Dentures

### *Center for Progressive Dentistry*

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Please follow these instructions carefully in order to maximize healing.

\*\*Do not remove the denture until instructed to do so by Dr. Scardella. Typically, you will keep the denture in for 24-48 hours. The denture will act like a bandage over the surgical sites. If you remove the denture too early, you might not be able to get it back in due to swelling.

\*\*Follow all the instructions on the “Tooth Extraction Post-Op Instructions” form. For instance, you must **avoid** smoking, drinking through a straw, spitting, and hot liquids during the initial healing period. Warm salt water rinse is recommended starting 24 hours after the procedure.

\*\*If you have never worn a removable denture before, there will be an adjustment period as you get used to wearing the denture. Simple tasks like eating and speaking will be difficult at first and will improve over time. The muscles of your mouth, tongue, and gums will need time to adapt to your new denture.

\*\*A follow-up appointment will be made 24-48 hours after the extraction appointment. Or, if your surgery appointment was on a Thursday, the next appointment will usually be on the following Monday.

\*\*After the first 48 hours, you should remove your denture at night. It should be cleaned properly with a denture brush and denture cleaning solution. You should remove your denture after every meal as well. Rinse with warm salt water (or prescribed mouth rinse).

\*\***Diet-** Your diet will be restricted to soft foods for the first couple weeks after surgery. Do not try to chew anything that causes discomfort. Foods like mashed potatoes, pasta, scrambled eggs, milk shakes, and soups are great foods to start eating. Remember, do not drink through a straw during the initial healing period.

\*\***Adhesive-** Do not use any denture adhesive until instructed to do so by your doctor. When you are using adhesive, do not place any near the surgical site or stitches. The doctor or assistant will demonstrate how and where to apply the denture adhesive when appropriate.

\*\*Use the Cora Caine gel as a topical anesthetic inside of the denture after Dr. Scardella has allowed you to remove it. It will help with soreness of the gums during the early stages of healing.

\*\*In the early stages of healing, it is normal to have swelling and/or bruising, as well as discomfort from the surgery. As your mouth heals, the gums will change shape over the first few months. Multiple denture adjustments will be required. Typically, two “relines” are completed. The first relines is called a “soft relines” and will be completed 3-4 weeks after surgery. A final “hard relines” will be completed when all healing has finished, usually around 3-4 months after surgery.

~If you have any questions regarding home care for your mouth or dentures, do not hesitate to call the office during business hours. After hours, please call Dr. Scardella at 617-852-6113.