

## Post-op Instructions – Immediate Dentures

Now that your new denture is in place it will feel unusual and possibly uncomfortable. This is partly due to the numbness of the tissues and because it is new and different. Frequently it just takes some “getting used to”, but occasionally it may require a modification to the denture itself. Desert Sky Dental Care will be happy to make any necessary changes for you.

### **When to Remove Your Denture**

The pressure from your denture will help to reduce bleeding and swelling. Leave it in place for 24 hours after your procedure. At that time, you should remove the denture, rinse it off and rinse your mouth out with warm salt water (1 teaspoon Salt to 8 oz fairly warm water). Immediately replace the denture and do not remove it until bedtime. From this point on you should remove the denture at bedtime and leave it out while you sleep, this allows the tissues to maintain their health.

### **Maintain a Proper Diet**

You may eat and drink 1 ½ hours after your surgery (use extra care to avoid trauma to the tissue from hard or hot foods while you are still numb). Foods should be soft and nutritious for the first several days. Add solid foods to your diet as soon as they are comfortable to chew. Avoid carbonated beverages and use of straws for 72 hours.

### **To relieve Pain**

You will be numb for 6-8 hours after leaving our office and should need no pain medicine during this time. However, we recommend that you take your first pain pill 5 hours after your surgery so that it has time to start working before the numbness wears off. You may continue taking medication, if needed, as directed by the doctor. DO NOT SMOKE for at least 72 hours, since it is very detrimental to healing.

### **To Minimize Swelling**

Immediately following the procedure, you should apply an ice bag over the affected area. Use 15 minutes on and 15 minutes off to help prevent excessive swelling and discomfort during the first 24 hours. After 24 hours it is usually best to switch from ice to moist heat in the same areas.

## Stitches

We may have put stitches in your mouth that will have to be removed. This procedure can be done when you come in for your one-week checkup appointment. This procedure is very quick and painless. Other stitches are dissolvable and will come out naturally appearing like strands.

## Calendar of Expectations

**Day 1** – Your “adjusting to dentures” journey is just beginning; even for experienced denture wearers, new dentures can be a challenge. Don’t worry, you’re not alone! More than 45 million Americans have dentures too. Many first-time denture wearers say that eating soft foods that are gentle on your gums/teeth makes this new experience easier.

**Day 2 to 14** – Your mouth is adjusting to the new denture; you will likely experience increased salivation in your mouth. You may also experience sore spots in your mouth from the denture. Rinsing your mouth with warm salt water may help. If soreness persists, return to our office for an adjustment. Expect a longer denture adjustment and healing time if you recently had teeth extracted or are a full-plate wearer.

**Day 15 to 3rd month** – You are now learning to talk and eat all over again. You are also adjusting to the “foreign object” feeling in your mouth. The saliva flow and sore spots have lessened. This is the best time to start using an adhesive to improve the fit and feel of your denture. Be careful not to use too much and follow the usage instructions! The more you wear your denture, the more quickly you will adjust.

**Day 30** – You’ve made it one month with dentures! Reward yourself with your favorite food!

**3rd month to 1 year** – You have learned to eat and talk again with your denture. Also, you have decided to move on and enjoy life. Congratulations!

**Every 5 to 10 years** – Get a new set of dentures. Visit Desert Sky Dental Care or your local

# Desert Sky Dental Care

Phone: 928-554-2755

<http://desertskydentalcare.com>

Ave. B and 4th (Plaza Garza Local # 9), Los Algodones, Baja California, México 21970

Email: [desertskydentalcare@gmail.com](mailto:desertskydentalcare@gmail.com)

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dentist or prosthodontist on a regular basis.