

## IMMEDIATE DENTURE POST-OP INSTRUCTIONS (FIRST 24 HRS)

Be sure to take your antibiotic and pain **medications** as prescribed by your dentist.

**Eat** something soft (scrambled eggs, protein shake, mashed potatoes, etc.) on your first night. You will need to have something in your stomach to help prevent nausea from your medications.

**DO NOT remove your dentures for 24 hours** or until your post-op appointment scheduled for the next business day. If your surgery is on a Friday, you will remove your dentures after 24 hours and rinse lightly with warm salt water or Crest ProHealth mouthwash. (See *Rinsing Directions* in handout titled *Your First Few Days with an Immediate Denture*.) Wear your dentures for the rest of the weekend, except for rinsing, until your post-op appointment on Monday.]

Extra gauze will be sent home with you after your surgery appointment. Do not remove your dentures to replace the gauze. Dampen the gauze and bite gently but firmly on the gauze with your dentures in place. Firm biting pressure along with ice compresses reduces **bleeding**. The more you move around (talking, chewing, walking, etc.), the more you will tend to bleed. You can also bite down on wet tea bags (e.g. Lipton tea bags). The tannins in tea help to reduce bleeding. If you are bleeding profusely, please call our office. Bleeding usually subsides within the first few hours after tooth extraction, but it is not unusual for patients to bleed during the night. For the first night, try to sleep in a comfortable recliner chair, or elevated with a few pillows. Sleep in an old t-shirt with a towel over your pillow. *In case of complications causing a medical emergency please go to an emergency room.*

Most **swelling** occurs during the first 72 hours after surgery. Try to keep your dentures in as much as possible during this time. If your dentures are in place, it will allow your gums to conform and adapt to the shape of the dentures. If the dentures are not kept in place, you could potentially swell to the point where you will be unable to replace your dentures for a few weeks.

Ice packs help prevent swelling, bleeding, and bruising. **NEVER USE HEAT.** Heat has the opposite effect of ice and will cause more swelling, bleeding, and bruising.

**NO SMOKING.** Nicotine restricts blood flow and will inhibit proper healing.  
**NO ALCOHOL.** Alcohol will thin your blood and prevent proper clotting.

You will need someone to drive you home. Be sure to have **help** stay with you at your home for the first night after surgery. You will return to the office the business day after your surgery for a **post-operative checkup**. At this appointment, we will check your extraction sites, adjust the denture if needed, and review healing and cleaning instructions. Please bring your Sock-It gel tube with you.