

## **YOUR FIRST FEW DAYS WITH AN IMMEDIATE DENTURE**

### **Eating**

In the beginning, you will be eating soft foods, such as eggs, fish, yogurts, tofu, or protein shakes. These are good options until you are able to eat a larger variety of foods. A high protein diet and drinking plenty of water will promote tissue healing.

### **Rinsing**

Rinse daily, starting the day after surgery and continuing for two to three weeks, until tissue has healed over the extract sites. Gently rinse your mouth with warm salt-water using 1/2 teaspoon of salt to 1 cup (8 oz.) water three to four times per day. Place a thin layer of Sock-It gel before replacing your denture.

### **Swelling**

Try to keep your dentures in as much as possible for the first 72 hours. 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 in place, you could potentially swell to the point where you will be unable to replace your dentures for a few weeks. Ice packs can help to reduce swelling in the first days after surgery.

### **Discomfort**

Extraction sites may cause some discomfort in the days after surgery. Acetaminophen (Tylenol) is an option for pain relief and Naproxen (Aleve) for pain and inflammation. Should you find that pain is increasing in the days after surgery, rather than decreasing, you should call for an additional post-op appointment.

Swelling may cause sore spots in your mouth. If you feel a sore spot, rather than a generalized but easing discomfort, we can relieve this area in your denture. Blood clotting is an important part of healing. If a blood clot does not form, or is dislodged prematurely, the surgical site can be exposed to bacteria and potential infection, and may cause a condition called dry-socket. Dry socket can be caused by smoking, vaping, alcohol, trauma from brushing or coarse food, forceful swishing, sucking with a straw, heavy lifting, or strenuous activity within ten days of surgery.

### **Cleaning**

Cleaning your denture is easy. Place a hand towel in the sink basin to cushion in case a denture is dropped while being cleaned. Using a denture brush, rinse your denture under water, and scrub all surfaces lightly using antibacterial soap (for example: Dial or Dawn Dishwashing Liquid) morning and evening to clean your denture. Never use toothpaste, it is abrasive and may cause small cuts in your dentures where bacteria can grow. From three days after surgery, always take your denture out when you sleep. Your gingiva (gums) need fresh air in order to stay healthy. Soak your dentures overnight in a basin of clean water. Never store your dentures dry. It is a good idea to rinse your dentures with water after each meal.