

## Post Operative for Immediate Dentures

Dentures are teeth substitutes and only have 20-25% of the chewing efficiency of real teeth. They often replace large amounts of lost gum tissues, bone and teeth, often requiring a period of adjustment.

**\*Do not take your denture out for 24 hours.** This will help control bleeding and swelling. After 24 hours remove your denture to clean it, rinse out your mouth and replace the denture. After the first 48 hours remove denture at night to sleep.

**\*Medications:** Ibuprofen (i.e., Advil, Motrin) 400-800mg every 4-6 hours usually will provide sufficient pain relief. Be sure to take this with food. Additional pain medications will be prescribed if needed. Antibiotics may be prescribed for infection. All of these medications should be taken as directed unless an allergic reaction develops (i.e., rash, itching, unusual swelling). If an allergic reaction develops, stop taking the medication and call; if the reaction is severe (i.e., difficulty breathing), go to the nearest Emergency Room. NO ALCOHOLIC beverages should be consumed while taking these medications. Take all your medications prescribed as directed. Pain medication may take up to an hour to take effect and may only work 3-4 hours. It is important to try and keep ahead of anticipated pain. To avoid nausea, do not take pain medication on an empty stomach. If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone. Women of childbearing age should know of the possible reduced effectiveness of oral contraceptives during antibiotic therapy and are advised to use an additional form of contraception during short-term antibiotic use.

### **\*Bleeding and Swelling:**

- Slight Bleeding can last up to 2-3 days. Biting pressure on the denture will promote clotting and decrease bleeding. Do not "chew" the denture as this can create a pumping action which can increase bleeding.
- For the first 36 hours, apply an ice pack to the affected side for 20 minutes on, then 20 minutes off. Do this as many times as possible during the waking hours. Avoid heat to the outside of the affected side.
- Sip on cold beverages or crushed ice the first 24 hours after your extractions. This will help reduce pain and limit swelling.
- If stitches have been placed, they will need to be removed in 7-10 days. Sometimes resorbable sutures are used-these dissolve in one to two weeks.
- When eating with a new denture start out with softer foods and use small portions.

**\*Cleaning:** Starting tomorrow, carefully remove your denture twice a day and clean with water, mild soap or denture cleaner. With the denture out, rinse your mouth with warm salt water (1 teaspoon of salt to 1 cup of warm water) and gently reinsert your denture. Over time dentures acquire stains and odor just like regular teeth. They