

YOUR NEW IMMEDIATE DENTURES

POST-OPERATIVE INSTRUCTIONS



The dentures you have received are a replacement for your missing teeth. They will provide better support for your jaw, restore your chewing ability and achieve your desired appearance. Your dentures were made to fit the anticipated shape of your mouth after the removal of the teeth. Modifications to the denture are always necessary and will continue during the healing period. Many changes have occurred at one time, and **it will take time to become adjusted** to your new dentures.

THE FIRST 24 HOURS

It is VERY IMPORTANT to keep the immediate denture in your mouth until your first post-delivery appointment. The denture serves as a dressing to help stop the bleeding. If the denture is removed, you may not be able to replace it due to swelling of the tissue. If you do feel the need to rinse your denture, you may remove it, rinse it, and **put it back in immediately**.

CHANGES OF THE MOUTH

You may experience some of the following commonly known symptoms that occur when an immediate denture is delivered. These symptoms can be resolved once you've become more familiar with the new prosthesis and as minor adjustments are made by the doctor.

Immediate Swelling	Increase in Saliva	Speech Alteration
Difficulty Swallowing	Mouth Odor	Minor Bleeding
Difficulty Chewing	Gagging	Discomfort

FIRST POST-DELIVERY APPOINTMENT

About a week after you receive your dentures, we will see you to adjust the denture for sore areas, the bite and any other initial problems. You will be given further instructions for the use and care of the dentures at this appointment.

PAIN AND HEALING

Anti-inflammatory such as Ibuprofen, Advil, or Motrin may be taken every 4-6 hours (or as needed) to help with swelling and pain from the extractions.

DIET

Good nutrition is important to speed your recovery. After surgery, eat soft foods that do not cause discomfort. Avoid sharp/crunchy foods such as nuts, seeds, chips, or popcorn. You may gradually return to normal food as it becomes more comfortable to do so. Remember to drink plenty of fluids. Please avoid drinking through a straw and smoking of any kind, as these activities cause negative suction, which can loosen clots vital to your healing.

FURTHER APPOINTMENTS

As you heal and use the dentures during the weeks after surgery, the dentures will occasionally become loose due to the **normal shrinkage of the gums from healing**. This will be adjusted as needed until healing is complete. When healing is complete, a final denture will be constructed, or the immediate dentures will be relined or remade as our doctors discussed with you previously. These procedures will be the second phase of your rehabilitation.

If you have questions, or concerns, please feel free to contact our office at 925-425-7545. We want to work with you to make your surgical experience a pleasant one and to get you back to your regular routine as soon as possible!