

Immediate Denture Aftercare

Keep your denture in place for the first 24 hours after surgery (including while sleeping), unless there is excessive bleeding or soreness. Your denture acts as a bandage to help control bleeding and limit swelling.

Starting tomorrow, gently remove the denture twice a day and rinse your mouth with salt water (1 teaspoon of salt in a glass of water). Cleanse the denture by gently brushing with a wet toothbrush and rinsing under water.

Replace immediately, as swelling may occur and you may be unable to reinsert the denture.

Continue wearing your denture 24 hours a day, only removing to clean for the first 5 days. As the swelling goes down, you can start to leave the denture out for longer periods of time. Start with an hour or two a day, then build up until you can leave the denture out all night (store in water when not in your mouth) and still reinsert comfortably in the morning.

Extraction sites

The removal of many teeth at one time is quite different than the extraction of 1 or 2 teeth. Because the bone must be shaped and smoothed prior to the insertion of a denture, the following conditions may normally occur:

- Minor bleeding can last up to 2–3 days. Biting pressure on the denture will promote clotting and decrease bleeding. Avoid chewing hard/sticky foods that cause the dentures to dislodge or create undue pain due to pressure spots. Avoiding rinsing, spitting, smoking, or the use of a straw for the first 24 hours. If heavy bleeding continues, remove the denture and bite on folded gauze pads firmly for 1–2 hours.
- Swelling usually reaches a maximum in 2–3 days. For the first 1–2 days, ice applied to the outside of the face over the areas of extraction can help reduce swelling. Sleeping with the head elevated can minimize swelling.
- Discoloration/bruising may occur and be visible on the face.
- A sore throat may sometimes develop. The muscles of the throat are near the extraction sites. Swelling into the throat muscles can cause pain. This should subside in 2–3 days.
- Stretching of the corners of the mouth can cause drying and cracking. Your lips should be kept moist with an ointment like Vaseline®.

When immediate dentures have been inserted, sore spots usually develop. Your bite often feels imperfect. Increased saliva production, speech difficulties, a feeling of gagging and trouble swallowing are not uncommon. You may experience some of these problems. They can all be overcome as you get used to the new dentures and as your dentist adjusts them to fit your mouth. In most cases, your dentist will see you within 1–3 days after surgery to begin making the necessary adjustments, relieve sore spots, and even the bite.

Pain and Infection

Take your medications as directed on the package. If you develop hives or a rash, discontinue all medications and contact our office. Do not drive or operate mechanical equipment after taking prescription pain medication (panadene forte, oxycodone or endone).



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Diet

For the rest of the first week, we recommend having soft, nutritious foods and drink plenty of liquids. You can eat solid foods if it is not too sore to chew on your denture. Hard foods like nuts are more likely to cause denture tipping and exacerbation of sore spots.

If you get nauseous, sipping small amounts of a carbonated drink will often help. Follow this with mild tea or clear soup and then easily digestible foods such as bread/crackers. If it is due to the back of the denture activating the gag reflex, contact our office for adjustment of the denture.

Smoking

Smokers are advised not to smoke for 7 days following surgery. The first 48 hours are critical. Every cigarette counts during the healing phase as it reduces blood supply and your body's ability to heal. There is a much higher risk of failure to heal or dry socket with smoking. We recommend nicotine replacement therapy such as patches during this time.

Rest

Avoid overexertion and get adequate rest. Avoid sports, exercise, and strenuous activity for at least 2–3 days as this will increase swelling and bleeding risk.

Post-Op Visits

Please return to our office as scheduled for post-op surgical care. If you are experiencing problems or have questions please give us a call. It is very normal for the denture to create ulcers or sore spots as the healing phase continues, as things are changing, the denture will push on different spots. Please call to have the denture adjusted accordingly.

Over the next few months, your gum and bone will shrink as they heal. Your denture will start to become loose. We recommend you start using denture adhesive (denture glue - eg polident) if this occurs. We can reline the denture when the gap starts to get large. After 3-6 months of healing, the bone has stabilised and we will reassess whether the denture should be relined. In some cases, when there is a large discrepancy or if the bite is incorrect, we may recommend making a new denture. Relines or a new denture are at additional cost to the original immediate denture.