

Post-op Instructions for Immediate denture

A full removable denture is not teeth. It is an appliance made up of plastic and acrylic to resemble teeth and gums. Therefore, it will have unique problems and maintenance requirements that are unlike natural teeth.

After Extraction Care (Day of Extractions)

- Do not rinse your mouth.
- Do not use a straw, spit, or smoke.
- Some bleeding is to be expected following extractions. If persistent bleeding occurs, place gauze over bleeding and bite down firmly for one half hour, repeat if necessary and contact your dentist if bleeding continues.
- Ice bags to be placed over affected area. An ice bag or a cold moist cloth should periodically be applied to operated area for the first 6 hours only after the extractions.
- Light diet is advisable during the first 24 hours.
- Take the medication prescribed on time.

After Extraction Care (Day After Extractions)

- Rinse your mouth gently every 3 to 4 hours (especially after meals) using one quarter teaspoon of salt to a glass of warm water. Continue rinses for several days.
- Brush, floss your teeth and keep proper oral hygiene.
- Small sharp bone fragments may work their way up through the gum during healing; these are not roots. If you feel discomfort, return to your dentist for evaluation.
- If any unusual symptoms occur, call your Dr. Chien's office at once. The proper care following oral surgical procedures will quicken recovery and prevent complications.

1. You need to keep the denture in the mouth for the **FIRST 24 HOURS** (in the future you will be asked to remove the denture during sleeping). Swelling can occur to the point that the denture no longer fits the ridge if the denture **does not** remain on top of the ridge during this period. If there is going to be swelling, then we want the swelling to go someplace else. With the denture in place the swelling will fill out any spaces underneath the denture and then will be directed to a different area if the denture remains in place. Failure to do this can result in significant swelling and later is not able to wear the denture for several weeks due to waiting for the swelling to subside.

2. Two things are normal the first day. The first is **GAGGING AND EXCESSIVE SALIVA**. Gagging may occur immediately or sometimes may occur within 30-60 minutes of delivery. The normal patient response is to have the mouth open, breathing through the mouth and the desire to remove the plate from the mouth. However, you need to respond just the **opposite** to get through this gagging period. Keep your mouth closed, breathe through the nose, and keep the denture in the mouth. In this way the back of the palate can more easily relax and you will not have the feeling that something is going down your throat. Talking during this period is not

recommended.

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Excessive saliva may also occur immediately, in fact this may also trigger the delayed gagging. The mouth initially thinks that it needs to prepare for food to pass down the throat to the stomach so it prepares itself with the production of saliva. This normal reaction to the denture will eventually pass.

3. **SOFT FOODS** at tepid temperatures. Soups, yogurt, shakes, ice cream, jello are best following the first day of dental surgery. If you try to eat or drink something very hot you may burn your throat if your palate is covered. You will eventually learn how to deal with hot foods, but we do not recommend to attempt this on the first day. Cold foods are best. It may help keep down the post op inflammation and swelling as well.

5. **MEDICATIONS:** I normally prescribe a narcotic pain med (typically Vicodin) and I suggest you also pick up a bottle of Aleve or ibuprofen. Aleve is preferred due to its strength per pill and ease of use. If very strong postoperative pain presents itself after the surgical procedure, then take the Vicodin and Aleve in alternating times. For example you may want to start with the Vicodin that is prescribed to be taken every 6 hours. After 3 hours you can then take the Aleve to extend the pain relieve response and after another 3 hours which makes for a total of 6 hours for the Vicodin, you are ready for the next dose of Vicodin. You are alternating the two meds on the 3rd hour so that as one med is wearing off the other is kicking in. This way you will not have to "double up" on the Vicodin which will increase the potential of unwanted side effects that this medication can present. Keep in mind that although Aleve is not a very strong pain medication; however, it does posses anti-inflammatory properties not possessed in Vicodin. Inflammation is always present post-surgery and is the main source of pain. So even if Aleve does not seem to be directly effective with the acute pain, its use should be continued to combat the source of the pain.

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