

Hai Qing, DMD, Ph.D., FACP  
*Diplomate, American Board of Prosthodontics*  
Maobin Yang, DMD, Ph.D.  
*Diplomate, American Board of Endodontics*  
*Specialists in Prosthodontics and Endodontics*  
Address: 108a West Butler Ave, New Britain, PA 18901.  
Office phone: 215-220-3395  
Email: [Bucksdentalhealth@gmail.com](mailto:Bucksdentalhealth@gmail.com)

# BUCKS DENTAL HEALTH AND ESTHETICS, LLC

Integrity    Responsibility    Reliability    Excellence

## IMMEDIATE DENTURE POST OPERATIVE INSTRUCTIONS AND CARE

### 1. Protection of the blood clot and surgical site

Slight bleeding after tooth extraction is normal and may last for up to 1-2 days. Keep your denture in place for the first 24-48 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.

If heavy bleeding continues, remove the denture and bite on folded gauze pads firmly for 1–2 hours.

Avoid spitting, bending over, sucking through a straw, and rinsing for 24 hours. No strenuous activity or smoking for 48 hours. Do not chew with the denture, as this can create a pumping action that can increase bleeding. The blood clot is important for healing.

### 2. Rinsing and denture use

Starting 24-48 hours after surgery, or as instructed by your dentist, 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 toothpaste or a denture cleanser and rinsing under water. Replace after cleaning immediately, as swelling may occur and you may be unable to reinsert the denture.

- 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 around the eyes, face, or neck may occur.
- 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.

#### **Day 1** (Day of surgery - first 24 hours after surgery)

a. Keep dentures in for 24 hours; b. Do not rinse or spit.

**Day 2 & 3** (24 - 72 hours after surgery). a. Remove dentures 3 times a day to rinse them off; b. While

the dentures are out rinse your mouth gently using a glass of warm salt water (1/2 teaspoon per cup).

**Day 4 – 30** a. Same regiment as day 2 & 3, however now rinse with a little more force; b. Use your finger tip to gently rub your oral tissues and rinse your mouth each time you take your dentures out; c. Brush and floss your remaining teeth (if any), 2 times a day; be gentle around the extraction sites; d. Follow with the chlorhexidine rinse. (continue using until day 7); e. Replace the dentures immediately. Do this for one week; f. Continue rinsing and cleaning in this manner for 30 days. (note; you can stop the chlorhexidine at day 7)  
**\*For the first week you will wear your dentures 24 hours a day. After the first week you will wear them 16 hours a day or less.**

### **3. 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.

### **4. Diet**

Although you have replaced extracted teeth with a denture, you will not be able to eat regular foods until healing has occurred and further adjustments are performed by your dentist. A liquid to soft food diet is recommended the day of surgery. For the rest of the first week, limit your diet to soft, nutritious foods and drink plenty of liquids.

### **5. Nausea**

Sipping small amounts of a carbonated drink will often terminate nausea. Follow this with mild tea or clear soup and then easily digestible foods such as toast or crackers. Over-the-counter Dramamine® can be taken to reduce the nausea. If nausea continues, contact our office.

### **6. Smoking**

Smokers are advised not to smoke for 7 days following surgery.

### **7. Rest**

Avoid overexertion and get adequate rest. Avoid sports, exercise, and strenuous activity for at least 2–3 days.

### **8. Post-Op Visits**

Please return to our office as scheduled for post-op care. If you are experiencing problems or have questions, please contact our office or answering service.

