

Prosthodontics of Central Indiana

Post-operative instructions for patients receiving immediate dentures

During the first 24 hours

1. Please do not remove the dentures from the mouth, even at bedtime. They will protect the healing areas. The Dr. will remove the dentures and clean them at your first post-operative appointment, which will usually be the following day.
2. Please do not rinse out the mouth. We do not want to disturb the newly formed blood clots which are the beginning of the healing process.
3. Please eat soft foods. You may not feel like eating on the same day as the extractions; this is normal. Remember to drink a lot more than usual, if you do not eat. Milky drinks and fruit juices are ideal.
4. Some discomfort may be experienced once the anesthetic wears off. Use a simple pain reliever such as Tylenol, if required. Taking something just before bedtime on the first night is a good idea to ensure a good sleep. Do not take any ibuprofen-containing medicines on an empty stomach as they may cause discomfort or an ulcer.
5. You will sometimes see a little blood in the saliva during this period. This is nothing to be concerned about.

After the first 24 hours

1. Please use frequent hot saltwater mouth rinses. These should be done about six times per day for the first 3 days: after meals and in-between meal times.

Method:

Very gently remove the dentures from the mouth. Filling the basin with water first will prevent the dentures from being damaged if they should be accidentally dropped. Dissolve a level teaspoonful of salt in a glass of hot water from the faucet (not boiling). Take a mouthful and tilt the head in such a way that the healing areas are bathed by the solution. Hold for about 10-15 seconds. Repeat until the glass is empty.

After the second post-operative visit, you will usually be advised to continue the mouthwashes 3 times per day for another 7-10 days.

2. Please avoid tough, chewy or sticky foods. Food should be placed directly onto the back teeth using a spoon or fork and should be chewed thoroughly using the teeth on both sides. After a short period of time, you will be able to eat a fairly normal diet.

3. During the first week of immediate denture wear, it is beneficial to wear the dentures at night to aid the process of familiarization. Dr. Abey or Dr. Phasuk will advise you when to start removing the dentures at night. Removing the dentures at night allows the soft tissues of the mouth to have a period of relaxation and natural washing from the saliva and should become a permanent habit.

4. Healing of the gums and bone will cause shrinkage of these tissues and therefore loosening of the dentures after a short time. In the case of complete dentures, these will be relined after about six months to make them fit well again. In the case of partials, the immediate dentures are temporary and after six months the permanent replacements can be made. If the looseness becomes unmanageable, denture adhesives or temporary relines may be used with our supervision.

5. Denture cleaning. During the first six months, you will need to remove the dentures for cleaning after every meal. At night, they should be cleaned thoroughly, inside and out with a brush and denture toothpaste or liquid hand soap. Rinse thoroughly, especially if liquid soap is used! Regular toothpaste should be avoided, as it is too abrasive for denture resin. The dentures should be placed in a solution of proprietary liquid denture cleanser such as "Polident", "Efferdent", or "Kleenite", overnight. Soaking in a 50% solution of household vinegar one night per week may prevent stains.

If you have any further questions or concerns, please do not hesitate to call our office. If problems arise out of normal business hours, Dr. Abey or Dr. Phasuk may be reached by using her cell number or her home number, both listed above.