

# Immediate Removable Full or Partial Denture

## Post Surgery Instructions:

If you were sedated:

- You must not leave alone. You must, be accompanied by a responsible adult.
- You may not drive or operate any vehicle or heavy equipment.
- Women: **Do not** wear high heels or platform shoes.

Medications:

- If antibiotics or steroids were prescribed, you should take them according to the instructions on the prescription bottle.
- Take pain medication as directed in the instructions.
- Do not consume alcoholic beverages and do not smoke until the healing process is complete.

Your dietary needs:

- Do not consume hot liquids for 72 hours.
- Do not try to eat solid foods until the local anesthetic wears off.
- Do not use a straw when taking in liquids. The suction action may dislodge a clot.
- Do drink lots of liquids.
- A nutritious diet throughout your healing stage is important to your comfort, temperament and healing. The diet for the first four days should be relatively soft foods. Increase Vitamin C intake to about 2000mg per day for the first week.

Bleeding:

- After the extractions, your interim denture will be placed and you will be asked to keep it in place for 24 hours. The denture acts as a pressure bandage to help bleeding subside. Some oozing is to be expected.
- **Only** if profuse bleeding occurs, will you need to remove the interim denture in the first 24 hours. At this point, you will need to place damp gauze packs over the surgical area. Biting down with light pressure on the dampened gauze pack, repeated in thirty- minute intervals, should control the bleeding. Once bleeding is controlled, replace the interim denture. Once again, some oozing is to be expected.

**If profuse bleeding is still occurring 4 – 5 hours later, and the above measures have been taken, call this office immediately.**

- Do not forcefully swish when rinsing as this can dislodge blood clots that have formed
- Do not exercise for 48 hours. Strenuous activity will increase your blood pressure and may dislodge formed blood clots

Swelling:

- Swelling is part of the healing process and can be expected for several days.
- Apply ice packs at 15- minute intervals to reduce swelling the day of surgery.
- After 72 hours, light heat will relieve the swelling.

- You may massage arnica oil on the outside of your jaw line to help reduce any bruising

#### When you should notify Dr. Dougherty:

- If profuse bleeding continues after 4 – 5 hours of applied pressure.
- If you are unable to maintain a nutritious diet after 48 hours.
- If pain or swelling increase after the third day.
- If the sutures become loose or dislodged prior to the third day.
- If an oral bandage or dressing that was placed becomes dislodged prior to the third day.
- If your body temperature remains higher than 100 degrees F. taken orally after the third day.
- If you have any symptoms which may indicate a reaction or allergy to the medications, such as:
  - Skin rash
  - Hives
  - Elevated temperature
  - Increased or erratic heart rate
  - Nausea / Vomiting
  - Dizziness
  - Blurred vision

#### Adapting to Dentures:

- The early weeks of denture wearing can be quite a challenge. You may try various finger positions and ways to dislodge your denture (ie – try pulling on only the left or right side of the denture to remove it). Also try placing your thumb against the front teeth and press upward and outward toward your nose. Another, often useful, trick is to place a finger inside each of your cheeks and pull out and laterally (so that you look like a chipmunk!). This stretches your cheek muscles and may break the seal of your denture. Soon you will be able to place and remove your denture without even thinking about it.
- To remove lower denture, slowly pull on the denture while applying a rocking motion.
- Eating will take a little practice. Start with soft foods cut into small pieces. Chew slowly using both sides of your mouth at the same time to prevent the dentures from tipping. As you become accustomed to chewing, add other foods until you return to your normal diet. Continue to chew food using both sides of the mouth at the same time. Be cautious with hot or hard foods and sharp-edged bones or shells.
- Pronouncing certain words may require practice. Reading out loud and repeating troublesome words will help. Reading the newspaper out loud is the best practice or, try singing in the car. If your dentures “click” while you’re talking, speak more slowly. You may find that your dentures occasionally slip when you laugh, cough or smile. Reposition the dentures by gently biting down and swallowing. If a speaking problem persists, an adjustment may be necessary.

#### Caring for your Dentures:

- Dentures are very delicate and may break if dropped even a few inches. Stand over a folded towel or a basin of water when handling dentures. When you are

not wearing them, store your dentures away from children and pets. Dogs love to chew on dentures and nightguards.

- Like natural teeth, dentures must be brushed **daily** to remove food deposits and plaque. Brushing helps prevent dentures from becoming permanently stained and helps your mouth stay healthy. It's best to use a brush designed for cleaning dentures. A toothbrush with soft bristles can also be used. Avoid using hard-bristled brushes that can damage dentures. Gently brush all surfaces of the denture and be careful not to damage the plastic or bend attachments. In between brushings, rinse your dentures after every meal.
- When cleaning, we recommend the use of the Closys 2 paste and rinse. These products are available online, at Walgreen's, or at our office. If additional cleaning is necessary, clean with a denture cleanser. Hand soap or mild dishwashing liquid can be used for cleaning dentures. Household cleansers and many toothpastes may be **too abrasive** for your dentures and **should not be used**. Also, avoid using bleach, as this may whiten the pink portion of the denture. Ultrasonic cleaners can be used to care for dentures. Use of an ultrasonic cleaner, however, **does not replace** a thorough daily brushing.
- Dentures need to be kept **moist** when not being worn, so they do not dry out or lose their shape. When not worn, they should be placed in a denture cleanser soaking solution or in water. Use caution with soaking solutions. If your denture has metal attachments, the attachments could tarnish if placed in a soaking solution. **Never** place dentures in hot water, as this can cause them to warp.
- Due to the healing process and the change of bone contours, several follow-up adjustment appointments will be needed. Remember this is an interim denture and you cannot expect a perfect fit nor look. Relines may be necessary and the cost for this procedure **is not** included in the initial denture fee. Never attempt to adjust or repair your denture yourself. Never bend any part of the clasp or metal attachments; doing so can weaken the metal structure.

Caring for your mouth and gums:

- During the first few days, you may be advised to wear your denture most of the time, including while you sleep. After the initial adjustment period, you may be instructed to remove the dentures before going to bed. This allows gum tissues to rest and promotes oral health. Generally, it is not desirable that the tissues be constantly covered by denture material.
- Once your gums have sufficiently healed from surgery, it is important to continue with brushing. Brush your gums, tongue and palate with a soft-bristled brush every morning before you put in your dentures. This removes plaque and stimulates circulation in the mouth. Pay special attention to cleaning teeth that fit under the denture's metal clasps. Plaque that becomes trapped under the clasps will increase the risk of tooth decay. If you are wearing a partial denture, be sure to remove it before you brush your natural teeth. Clean, rest, and massage the gums regularly. Rinsing your mouth daily with lukewarm salt water will help clean your gums. Eat a balanced diet so that proper nutrition and a healthy mouth can be maintained.

**Remember no question is too small and we are just a phone call away:**

**301-530-2434**

Additional information can be found on our website:

**<http://www.bethesdasedationdentistry.com>**