



## **IMMEDIATE DENTURES**

### **Post Operative Instructions**

1. Do not remove the immediate dentures from your mouth for the first 24 hours following surgery. The denture will act as a bandage, protecting the surgical site, and controlling the swelling and bleeding. If removed prematurely, swelling may occur making it difficult or impossible to place the dentures back in your mouth. After 24 hours, you should remove the dentures every night and soak them in water or a disinfecting agent such as "Strident."
2. If your lip, tongue or cheek is numb, please take care not to bite it.
3. If treatment has been completed under sedation or you have taken anti-anxiolytic medication, a responsible adult will need to drive you home and accompany you for the rest of the day until you are fully recovered from the effects of the medication.
4. Swelling will occur and will reach a maximum 2-3 days following surgery before gradually subsiding. Oozing of blood around the denture is normal and is not cause for concern.
5. Do not rinse or gargle for 24 hours. After 24 hours you may gently rinse your mouth with lukewarm salt water.
6. For 24 hours following surgery, do not eat or drink anything that is too hot, too cold or too hard. Maintain a soft food diet for a few days or until you can slowly re-introduce hard foods (eg. scrambled eggs, soup, yoghurt)
7. Avoid alcohol and strenuous physical activity for 24 hours.
8. If you are a smoker, smoking is not advised for 24 hours as it may delay healing or increase the risk of a 'dry socket' complication.
9. For the first evening's sleep, rest your head on two pillows so that your head is slightly elevated. Cover the pillow in a towel to protect from staining if bleeding occurs overnight.
10. For pain relief, analgesics and anti-inflammatory medication can be prescribed by your dental professional. Certain medications will cause

drowsiness and it is important not to drive or operate heavy machinery until fully recovered from the effects.

11. If excessive bleeding, pain, fever or severe swelling occurs in the days following your appointment please call us on 9226 2135.
12. Over the next few months, your gums and bone will shrink and your immediate denture will become loose. During this healing period, your denture will need to be temporarily relined several times to compensate for these changes and improve the fit. Once the bone has stabilised, your denture will need to be permanently relined / refitted. In some instances you may require a new denture to be made should the changes be extensive. This would be at an additional cost.

*If you have any questions, please do not hesitate to call us on 9226 2135*