



COURTSIDE *Dental*

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## Post Operative Instructions – Immediate Denture Delivery

**Please read these instructions thoroughly and please ask if you have any questions!!**

- 1. DO NOT REMOVE YOUR DENTURE FOR 24 HOURS!** Your gums will swell under the denture and you will not be able to get them back in once removed. The dentures act as a Band-aid for your healing sockets.
2. While you are still numb, take 600mg of Ibuprofen (three regular strength Advil 200mg) or a prescribed pain medication to help reduce swelling and increase your comfort after the freezing goes away.
3. We will be seeing you for a post-operative check the next day after your procedure. If your appointment falls on a Friday, we will see you the following business day. If this is the case, you will remove the denture yourself after 24 hours. Make sure you wash your hands before and stand over a sink or counter in case the dentures fall. Rinse the denture carefully under cool water and scrub the inside and outside with a denture brush. Do not use any soap or any cleaner at this time. At this point you will also VERY GENTLY rinse your mouth out with a salt water rinse (1 teaspoon of salt mixed into one cup of warm water). Fill your mouth with the salt water mixture and tilt your head around and let the mixture move around your mouth. Do not swish as the force can dislodge the blood clots! Rinse after each meal, about 3 times a day. If you have any remaining natural teeth, clean them as you normally would. Repeat this for the next two mornings, keeping your denture in all day and all night.
4. On the fourth day after your extractions, you should take the denture out at bedtime. Rinse and scrub it as described above. Rinse your mouth again with the warm salt water. Put the denture in a denture cup/container and cover it with clean, cold water and leave it there while you sleep. The next morning, rinse the denture again and place it back into your mouth. Continue with the warm salt water rinses for at least the next 7-10 days.
5. **Cool, soft foods like yogurt, smoothies, and ice cream** are more soothing and help decrease future swelling. Cooled down scrambled eggs, mashed potatoes, and pasta are also permitted. As you can tolerate, gradually begin to eat more solid foods as the week progresses. Avoid really hard foods (nuts, carrots, pretzels) and chewy foods (bagels, dried fruit) during the initial healing period. Use a nutritional supplement like Ensure or Boost if necessary. Good overall general health speeds up the healing process. Please avoid drinking alcohol and smoking.
6. Some swelling is to be expected after extractions. To help reduce swelling, hold an ice pack wrapped in a towel on your cheek next to where the teeth were extracted and alternate 15 minutes on and 15 minutes off.
7. Remember, the cleaner you keep your extraction sites and denture, the quicker you will heal.
8. If you develop any sore spots, call the office to book an appointment so we can adjust the denture for you! The goal is to get the denture feeling as comfortable as possible.

**If you have an after hours emergency, please call us at 306-525-2577 and follow the prompts. If needed, please proceed to the nearest emergency room!**