



Immediate Denture(s) Post-Op Instructions

Dentures are teeth substitutes and only have 20 - 25% of the chewing efficiency of real teeth. They often replace large amounts of lost gum tissues, bone and teeth, often requiring a period of adjustment.

- 1.** Leave your immediate denture(s) in place for the next 72 hours (3 days). Do not take them out sooner or you may not be able to get them into place due to swelling.
- 2.** Keep light bite pressure on the gauze provided and change it out once an hour for the next 2-3 hours. This will help control the light bleeding under the denture(s).
- 3.** Apply an ice pack to your face over the surgery area for 15 minutes on, 15 minutes off, and repeat this cycle multiple times for the next 12-24 hours to help reduce swelling.
- 4.** Medications: take all medications as prescribed and do not mix narcotic medications with alcohol or drive/operate heavy machinery.
- 5.** Avoid the following for the next 24 to 72 hours:
 - Smoking – it is best to stop tobacco use for the next 72 hours
 - Drinking alcoholic or carbonated beverages
 - Heavy rinsing or spitting
 - Strenuous/physical activity for 72 hours
- 6.** Begin gentle warm salt water rinses (1tsp. in 8oz glass) tomorrow.
- 7.** Drink plenty of fluids to stay hydrated and eat soft foods (ie. Jell-O, pudding, scrambled eggs, ice cream, etc.) as tolerated.
- 8.** After 3 days, take the denture(s) out and clean them with the items from the denture info kit provided. Practice taking them in and out at this time. Always store the denture(s) in the denture cup with water when not in the mouth, never dry. Lightly brush the gums, roof of mouth, and tongue with a soft bristle toothbrush and rinse with a mouthwash.
- 9.** After 1 week, the denture(s) will loosen and a “temporary” soft liner will be inserted. After 6 months, a “hard” reline (at an additional charge) will need to be performed to transition the immediate denture to a standard denture.
- 10.** Sore spots may develop over time and Dr. Rider will perform 3 complimentary adjustments as needed for the denture(s). Additional adjustments will incur a fee.
- 11.** You will be scheduled for yearly checkups for Dr. rider to examine the gums, perform an oral cancer screening, and inspect the fit and the denture(s) for cracks or damage. Wearing ill-fitting dentures for too long without refitting can cause severe bone loss and very serious oral disease.
- 12.** If you have any further questions or concerns, please contact our office between 8AM to 5PM Monday through Thursday or Dr. Rider’s cell phone (337) 552-8121 after normal office hours.