



IMMEDIATE “HEALING” DENTURE HOME CARE INSTRUCTIONS

- 1) **For the first 24 hours your healing denture is not to be removed from your mouth.** If the denture is removed, swelling may occur that will make it difficult or impossible to replace the denture. Oozing of blood around the denture is normal and is not cause for concern.

Your healing denture not only replaces your missing teeth, but it is acting to protect the surgical site, control swelling, and control bleeding. The denture needs to be in place to be effective.

- 2) **Do not rinse your mouth with anything for 24 hours;** however, continue to brush your remaining teeth carefully. After 24 hours, we will see you for a follow-up. After your follow-up, in addition to your routine brushing, gently rinse your mouth with a lukewarm salt-water solution (made by dissolving 1/2 teaspoon of table salt in an 8 oz. glass of warm water.) Rinse 3 to 4 times a day for four or five days. Take care not to strain or empty your mouth with undue force.
- 3) After extractions **do not spit, smoke or suck on a straw. Do not rinse your mouth vigorously. Do not drink any hot beverages or carbonated beverages.** All of these things can dislodge blood clots that are necessary for healing.
- 4) **Take all medications as prescribed.** Some discomfort may be expected following oral surgery procedures. Pain medication may have been prescribed to you to help relieve the discomfort.
- 5) **Swelling is common** after oral surgery for up to one week with the maximum amount of swelling usually present on the second day after surgery. The swelling will slowly resolve over 4-7 days. Apply an ice bag to the outside of the face for 20 minutes, and then leave off for 20 minutes. Repeat this procedure for 24 hours, and then discontinue using the ice. This will reduce discomfort, bleeding and swelling.
- 6) You may eat and drink. **Soft foods** are advisable for at least 24 hours. Avoid hard or crunchy foods. Drink as much liquid as possible, but do not go on a liquid diet. **Do not consume liquids through a straw.** You may resume normal physical activity as tolerated 2-3 days after your surgery.

Please reach out to us if you have any questions or concerns. Thank you for trusting us with your dental care! You made a great decision.