

POST EXTRACTION CARE INSTRUCTION

INSERTION OF IMMEDIATE DENTURE

Below are steps that you can follow to help to reduce pain, bleeding and promote healing.

CLEANING YOUR IMMEDIATE DENTURE

After the first 24 hours we recommend you clean your denture in the following way;

- Remove after eating and give both the denture and your mouth a rinse before re-inserting.
- Sleep with your denture in place for the first 2 weeks. In the morning, remove your denture and place in your denture bath with a cleaning tablet.
- When you are ready to re-insert your denture, remove from the denture bath/ cleaning solution and give a thorough brush with a soft tooth brush. If you choose to clean in your sink, be mindful not to drop your denture! Unfortunately the acrylic denture is not as hard as the ceramic basin and will likely chip/break if dropped, instead fill basin with water first or place a handtowel/face washer in the bottom just in case.



STARKEYSMILES

DO'S

- If gauze swabs are in place, keep pressure on for approximately 30-45 minutes after leaving the surgery.
- If bleeding recurs, apply pressure with cotton gauze for approximately 30-45 minutes – when significant bleeding continues contact your Dentist or local hospital.
- After 24 hours remove your denture and GENTLY rinse your mouth out 4 times a day with;
 - Luke warm water with added salt - (1 tsp salt per glass).
 - Diluted Savacol Mouthwash (if recommended by your dentist), avoid using for longer than 2 weeks as can stain your natural teeth.
- CLEAN your denture.
- Where advised or if pain is present, take pain medication as prescribed. Discuss with your Dentist if you are prescribed Asprin (blood thinner).
- When numbness has subsided, choose luke warm liquids and soft foods and chew away from the wound – when applicable.
- Sleep with the denture in your mouth for 1-2 weeks as swelling may make it difficult to re-insert the denture if it is removed too soon.

DONT'S

- DO NOT rinse your mouth for the first 24 hours.
- DO NOT remove your denture for the first 24 hours.
- Avoid strenuous exercise for 12-24 hours and rest with your head raised on a pillow in the first 24 hours after extractions.
- Avoid HOT food/liquid until numbness wears off. Avoid smoking and alcohol for as long as possible especially the day of extractions.