



Post Operative Instructions: Temporary or Immediate Denture

- **FIRST 24 HOURS:** Please DO NOT REMOVE THE DENTURE for any reason for the first 24 hours. The denture needs to remain in your mouth until you are seen for your first post-operative appointment or until Dr. Trezek has directed you to do otherwise.
- **BLEEDING:** It is *normal* for slight bleeding to last up to 2-3 days. Placing pressure on the denture by biting down will promote clotting and will decrease the initial flow of blood.
- **SWELLING:** Use alternating ice compress for the first day following the procedure to reduce swelling. (20 minutes on and 20 minutes off) It is perfectly normal for some bruising to occur after your extractions.
- **DIET:** Limit your diet to soft nutritious foods, and consume plenty of fluids for the first week following surgery. Examples are protein shakes, room temperature soups, mashed potatoes, etc... You may resume your regular diet when you feel comfortable.
- **HEALING PROCESS AND NEXT STEPS:** Your bone and gum tissue will undergo changes over the next 6 months. You will experience changes in the fit of your dentures and sores will develop as you heal. Adjustments will be needed. When you feel you need an adjustment, call our office to schedule an appointment. At that adjustment appointment temporary lining may be placed by our office as needed. After 6 months of healing you will be ready for your permanent relines to complete your denture. See your treatment plan for details.
- **ORAL HYGIENE:** Oral hygiene is important for healing. Once you have been seen for your initial post-operative appointment, it is important to remove and clean your denture every night. When brushing your denture you should avoid abrasive toothpaste.
- **OTHER HELPFUL TIPS:** Always plan ahead and have good storage for your denture. To avoid unnecessary costly replacement fees, keep your denture(s) out of reach of pets!
- Call our office if any unusual symptoms occur.

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