

## IMMEDIATE DENTURE POST-OP INSTRUCTIONS

Now that your new denture is in place it can feel unusual and uncomfortable. It typically takes some "getting used to", but occasionally it may require adjustments.

### WHEN TO REMOVE YOUR DENTURE

- The pressure from your denture will help to reduce bleeding and swelling. Leave it in place for 24 hours after your procedure. At that time you should remove the denture, rinse it off and rinse your mouth out with warm salt water (1 tbsp. salt to 8 oz warm water). Immediately replace the denture and do not remove it until bedtime. From this point on you should remove the denture at bedtime and leave it out while you sleep, this allows the tissues to maintain their health.

### MAINTAIN A PROPER DIET

- You may eat and drink 1 ½ hours after your surgery (use extra care to avoid trauma to the tissue from hard or hot foods while you are still numb). Foods should be soft and nutritious for the first several days. Add solid foods to your diet as soon as they are comfortable to chew. Avoid carbonated beverages and use of straws for 72 hours.

### PAIN MANAGEMENT

- Take 800mg of ibuprofen (4 tablets of 200mg Advil) or 500mg of Tylenol every 6 hours. You can take the ibuprofen AND Tylenol together if needed. Do NOT exceed 3200mg of ibuprofen or 4000mg of Tylenol in 24 hours.
- DO NOT SMOKE for at least 72 hours, since it is very detrimental to healing.

### TO MINIMIZE SWELLING

- Immediately following the procedure you should apply an ice pack over the affected area. Use 15 minutes on and 15 minutes off to help prevent excessive swelling and discomfort. After 24 hours it is usually best to switch from ice to moist heat in the same areas.