



Jay M. Marks D.M.D., F.A.G.D.

COSMETIC & FAMILY DENTISTRY

"We Create Beautiful Smiles"

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Post-Op Instructions: Immediate Denture

Biting pressure on the denture will promote clotting and will decrease the initial flow of blood. Slight bleeding can last up to 2-3 days though.

Use ice compress on affected side for 20 minutes on and 20 minutes off for the first 26 hours.

Limit your diet to soft nurturing foods and plenty of fluids for the first week.

Don't take the denture out today, but rinse your mouth with warm salt water before going to bed. (1 tsp. salt in 1 cup warm water)

Starting tomorrow, carefully remove the denture twice a day and clean with toothbrush and a low abrasive toothpaste or denture cleanser.

Rinse your mouth with warm water.

Sleep with the denture in your mouth for one week unless otherwise instructed. Then you should take it out when sleeping in order to relax the gum tissues.

Due to the gum shrinkage that occurs within the first 3-6 months, you may go through periods of a loose fitting denture. A temporary liner will be inserted as needed. Denture adhesives can be used during this period also.

Following the gum shrinkage period (approximately 3-6 months) a more permanent reline will be placed.

You may experience sore spots caused by the denture being too long or from uneven pressure being applied to the healing gum tissues. We will adjust the denture as these problems occur. Your bite may need adjusting also after all sore spots are gone.

Call our office if any unusual symptoms occur.