

Post Operative Instructions for Dentures

Immediate Denture Care Instructions

- Try not to remove your denture for 24 hours after the extractions. This will help control bleeding and swelling. After this time period, remove your denture to clean it, rinse out your mouth and then replace your denture.
- Sip on cold beverages or crushed ice the first 24 hours after your extractions. This will help reduce pain and limit swelling.
- When eating with a new denture start out with softer foods and use small portions.
- Take all your medications prescribed as directed. Pain medication may take up to an hour to take effect and may only work 3-4 hours. It is important to try and keep ahead of anticipated pain. Do not drink alcoholic beverages while taking pain medication. To avoid nausea, do not take pain medication on an empty stomach.
- If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone. Women of childbearing age should know of the possible **reduced effectiveness of oral contraceptives during antibiotic therapy** and are advised to use additional form of contraception during short-term antibiotic use.
- Beginning 1 week after your extractions, thoroughly massage your gums with finger pressure several times a day. This helps firm up the gums and makes your denture more comfortable.
- Due to shrinkage of the gums after your extractions, a soft relin of your new denture will be needed within a few weeks and a hard relin will be needed in 9-12 months. These are separate procedures and were not included in your denture fee.

General Denture Information

- Your mouth will feel “full” if this is the first time you’ve had a denture or if your teeth were missing for a while.
- Your speech may sound different until your tongue and lips adjust to the new denture. By reading aloud or talking, you can shorten the adjustment period.
- Sore spots are common with a new denture and several adjustments will be necessary. Please wear the denture at least 1 day prior to the appointment so sore areas can be easily identified.
- An increase of saliva flow is normal with a new denture and will decrease gradually.
- Rinse your denture after eating and thoroughly brush them daily.
- Denture adhesive may be necessary to keep the denture securely in place. Dental implants are an excellent option to secure dentures.
- Do not sleep with your denture because the mouth tissues need a time to relax and recover.
- As the shape and contour of your mouth changes over the years, you will need a relin to improve the fit. This is a separate procedure and not included in your denture fee.
- Return to your dentist at least annually for an exam of the mouth and denture.