



Post Operative Instructions: Extractions

Congratulations on your immediate dentures! By utilizing the very best materials and known techniques, we have fabricated quality immediate dentures for you. We are confident that with the proper care and adjustments you will have years of satisfaction from them. Our work is far from over though... To start, please review the following in order to preserve the integrity of your immediate denture.

Please understand that transitioning from “having teeth” to “no teeth” is not easy. Partial dentures are very different from complete dentures. Upper complete dentures have a covering on the palate to allow for suction so the dentures can stay on. The lower dentures are “horseshoe shaped” which makes the lower denture more difficult to stay on— sometimes adhesives are necessary. Over time, your muscles (and tongue) will become accustomed to keeping your dentures in place instead of attempting to push them out. It takes practice to speak with complete dentures. Don’t be discouraged! Your tongue and muscles will eventually learn to work around them. Practice is key.

- Do not remove your dentures for the first 24 hours. The appliance will help serve as a pressure bandage. If you remove it, you’ll have to keep it off until the swelling goes down, which could take 2-3 days to resolve.
- While some bleeding is to be expected, please see your Extraction Post Op Instruction sheet for more information.
- Do not eat until the anesthesia wears off and limit yourself to soft foods temporarily until you are comfortable. Eating with complete dentures on is very different. Use the back teeth as much as possible. The front teeth are mainly “for looks”. Biting should primarily happen in the back.
- Return to the office as instructed for your post op visit.
- After 24 hours, you can begin removing your dentures for at least 6-8 hours every day, particularly when sleeping. Not doing so will harm your supporting soft tissue and can increase chances of infection .
- Rinse your immediate denture thoroughly with water after each meal.
- Immediate dentures will grow bacteria or fungus like any other removable appliance. Clean your appliances thoroughly each day with a denture brush and denture cleaner. Let stand in water or denture cleaner when not in mouth.
- Brush your tongue and gums with soft toothbrush and toothpaste every day.
- Gently rinse with warm salt water to help alleviate discomfort from sore spots that may develop on your gums. Do not adjust the appliance yourself. Adjustments are very normal with dentures. Just like new shoes, they may start to pinch at your soft tissues during your transition period. This is normal. Bone and soft tissue changes usually stabilize about 6 months after extraction. At that time, a relines may be necessary.
- Please see us twice a year in order to evaluate your soft tissues and the fit of your dentures. We also perform oral cancer screenings at this time.
- Do not use alcohol, abrasive cleaners, bleach, whiteners, or boiling water on your appliance.

For additional questions or concerns, Dr. Jaiswal can always be reached at 856-345-9490.

Thank you for trusting us with your oral health care!