

IMMEDIATE DENTURE POST OP **INSTRUCTIONS**

BURNHAM ORAL SURGERY

1. **DO NOT SMOKE FOR AT LEAST 5 DAYS AFTER SURGERY. IF YOU INSIST ON SMOKING, THE FOLLOWING MAY HAPPEN,** (because the chemicals and gases in tobacco smoke contain ammonia, hydrogen cyanide, lead, nicotine, pesticides, radioactive polonium and many other deadly gases).
A: You will greatly increase and prolong your pain and healing time.
B: You will have a 4 times greater chance of developing a 'dry-socket'.
C: You will significantly increase your chance of infection.
2. If several teeth have been extracted, swelling, bruising, and discomfort are normal, and if the surgery was difficult, all these symptoms will be greater. Hold ice against your face for 20 minutes on, 20 minutes off, during the day, for the first 48 hours. Take your pain medications to help reduce discomfort.
3. The dentures will act as a bandage and help to limit bleeding; however, some bleeding for the first 24 to 48 hours is normal. Even a few drops of blood will redden saliva. If you are experiencing more bleeding than you expect, please try our **warm water rinse protocol**.

Fill a coffee cup with water. Heat the water until hot but not scalding. Remove your denture. Swish with a mouthful for 15 seconds. Repeat this **6-7** times in a row. Place denture back in and repeat in one hour if bleeding still occurs. If you are still experiencing bleeding difficulties, please call our office. (You should only have your denture out for no more than 5 minutes at a time.)

4. You must leave the dentures in your mouth for 24 hours after surgery except as noted above for warm water rinse protocol. It is acceptable to rinse out your denture under the sink to remove unwanted food/debris, but should only be out for less than 5 minutes at a time. Pain experienced because of the extraction of teeth will not be decreased by removing the dentures. **Swelling can keep you from being able to wear your denture for up to 2 weeks if you are not mindful of the instructions above.**
5. **Medicate: If you were prescribed Motrin (600mg), please take your first dose no later than 3hrs after surgery, or sooner if you start to have discomfort.** Scientific studies consistently show the superiority of a regular dose of ibuprofen (Motrin/Advil) over a five-day period for postoperative pain associated with oral surgery procedures. With this in mind, you may have been prescribed prescription-strength ibuprofen by your doctor. You should take this for five (5) days, every six (6) hours, while you are awake. There is no need to wake up in the middle of the night to take ibuprofen if you are sleeping. Please take your ibuprofen whether you are experiencing pain or not. This will keep you pain-free in most cases.

If you were prescribed Methylprednisolone (Anti-Swelling Steroid) and/or an antibiotic, take them with your first dose of ibuprofen. Then continue to take as directed.

If you have been prescribed a narcotic pain medication, we recommend taking the first dose once you get home. Continue to use your narcotic pain medication for breakthrough pain, pain that you experience even though you are on the regular dose of ibuprofen. **Be sure to leave at least 60 minutes between your last ibuprofen dose and the narcotic dose.**

(Continues on the back)

Timeline for Post Op Pain Medications

1st Dose Narcotic With food	1st dose of Motrin	2nd dose of of Narcotic	2nd dose of Motrin	3rd dose of Narcotic
0	-----3hrs	-----6hrs	-----9hrs	-----12hrs

6. After the first 24 hours following surgery, the dentures should be removed for cleaning after each meal and at bedtime (at least 4 times a day, regardless of whether you eat). Always hold the dentures over a sink partly filled with water. Scrub the dentures inside and out gently with your denture brush and denture cleaner. Then place the dentures in a container of cold water with ice cubes, while you clean your mouth. Clean your mouth by brushing your tongue with a tooth brush and tooth paste. Then apply tooth paste to your finger and gently massage your gums and stitches to remove old blood and food debris. Rinse the tooth paste away with a warm, mild salt solution (1/8 teaspoon salt to one cup of water). **KEEPING YOUR MOUTH CLEAN WILL SPEED HEALING AND LESSEN THE CHANCE OF INFECTION.**
7. Your bite (the way your upper and lower teeth come together) usually will be imperfect when you first get your dentures. Major imperfections will be corrected at the time of insertion. Additional refinements cannot be completed until swelling has disappeared (one to two weeks).
8. Your diet for the first 24 hours should be liquid. Gradually increase the substance of your diet as healing progresses and you can tolerate firmer foods.
9. Two weeks after surgery, you should begin removing the dentures at night. Removing the dentures will allow the tissue to rest from the pressure of the denture, and help keep oral tissue healthy and preserve the bone under the tissue for a longer period of time.
10. As initial adjustments are made and healing progresses, you will notice an improvement in comfort and function of your denture. However, the remaining tissue and underlying bone will continue to recontour rapidly for 6 to 9 months, and the denture will gradually become looser. If a treatment relines was placed at the time of surgery, this is only a temporary, and may need to be replaced periodically until the dentures are relined with a hard plastic relines by your general dentist.
11. Dr. Burnham, Dr. Stearns and their team have done everything possible to provide you with the best in anesthetic and surgical care. However, the ultimate success of the operation now depends on correct post-surgical management. You have been given very specific verbal and written instructions for proper home care. Be sure to follow these instructions carefully. Only in this way will you avoid the complications which lead to unnecessary discomfort and delayed healing. **YOU HAVE CONTROL OVER YOUR HEALING BY FOLLOWING OUR INSTRUCTIONS.**

If any questions arise, or problems develop, call the office any time so your questions can be answered.

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