



Delaware Smile Center

Family Dentistry & Orthodontics

Post-Surgery Instructions for Immediate Dentures

- Leave your dentures in place during the first 48 hours following surgery.
- Increase your fluid intake following surgery and maintain a soft diet. If you have difficulty drinking fluids or swallowing contact the office immediately.
- Do not pull on your lip to examine the surgical site. The incision may open which can jeopardize the bone graft or dental implant and delay healing.
- Do not smoke after surgery. Smoking will delay healing and significantly increase the risk of graft failure and/or the failure of your dental implant(s).
- Avoid vigorous rinsing. Do not rinse with a mouthwash containing alcohol until your first post-operative appointment or as instructed by the doctor.
- Starting the day after surgery brush and floss your teeth except in the surgical area. Use a soft toothbrush. Gentle rinsing with warm salt water will help you clean the surgical area. To make salt water rinse mix one teaspoon of table salt with half a glass of very warm tap water. Be careful not to use very hot water because it can burn your mouth.
- Limit your physical activity following surgery. You should be able to resume physical activity with 24-48 hours following surgery. Bed rest with the head elevated above the heart using two pillows immediately following surgery is recommended.
- **BLEEDING:** Slight bleeding for a number of hours following surgery is not unusual. Your saliva may be tinged with blood for up to 24 hours following surgery. If heavy bleeding is still present a few hours following surgery, take a tea bag and wrap it over the affected area and apply light pressure for 30 minutes. Repeat this procedure if necessary. If heavy bleeding persists after several hours contact the office immediately
- **PAIN:** You will most likely have pain in the surgical area the day of the surgery as well as the day after. Take your prescribed pain medication as instructed, even if you do not feel pain. **DO NOT** operate machinery or a vehicle while taking pain medication.
- **SWELLING:** Use a cold pack for the first 24 hours following surgery and apply it to the face next to the operated area. Keep cold pack on for 10 minutes then take off the face for 10 minutes. Repeat this sequence for 4-6 hours. Swelling usually peaks three days following surgery. There may be temporary numbness in the area associated with the swelling. If the swelling is severe or you develop a fever, call the office immediately.
- Fair skinned patients or those who have a history of bruising easily may experience discoloration of the skin around the surgical area.