

POST EXTRACTION INSTRUCTIONS FOR IMMEDIATE DENTURES

Always remember a clean and healthy mouth heals more rapidly than a neglected one.

The following steps will help prevent bleeding and relieve soreness

On the day of the treatment

- Rest for a few hours but you do not have to lie down.
- Strenuous exercise is best avoided for a few hours.
- Do not rinse the mouth for at least 12 hours.
- Avoid hot fluids, alcohol, hard or chewy foods. Choose cool drinks and minced soft foods.
- Should the wound start to bleed, apply a small compress. This can be made from some cotton wool in a clean handkerchief. Place this on the bleeding point and bite firmly on it for 5-10 minutes, longer if necessary.
- Any pain or soreness can be relieved by taking pain killers.
- If prolonged bleeding or pain occurs, contact your dentist.

On the day after the treatment

- It may be beneficial to use an antiseptic rinse recommended by your dentist or a warm saline mouth rinse to bathe the wound. This may be carried out after each meal until healing is complete. A saline rinse is made by dissolving a level teaspoon of salt in a glass of warm water. The solution should be held in the mouth for two to three minutes to bathe the wound and then discard. Avoid over vigorous rinsing.

***If in doubt consult your dentist**

Wear the denture 24 hours a day for the first week after the extraction or as instructed by the dentist. This allows the wound to heal around the denture Only remove the denture to clean it, your teeth and the wound. (Follow the post extraction instructions sheet).

If the wound starts to bleed, remove the denture and follow the post extraction instructions sheet. Replace the denture when the bleeding stops. If you have any questions or concerns contact the dental surgery on 8338985.

