

POST-OP INSTRUCTIONS: EXTRACTIONS WITH NEW DENTURES

Bleeding: It's normal to have light bleeding for 24 hours. Do not spit or rinse excessively or engage in physical activity since this stimulates bleeding. Some oozing could last up to 24 hours. **NOTE:** If heavy bleeding persists, place a clean folded gauze pad placed over the surgery site and maintain pressure until the bleeding stops. In rare cases, a tea bag (tannic acid) may be used to encourage clotting (regular, not herbal tea). Call Legacy Smiles if bleeding doesn't stop or it is heavy for too long. Keep your head elevated when resting.

Swelling: This is normal following a surgical procedure in the mouth. It should reach its maximum in 48 hours and then diminish by the fifth post-operative day. The use of Ibuprofen is helpful. Please follow instructions on bottle. Place ice or cold compress on the face in the region of the surgery for ten minutes every half-hour for the first 8-12 hours. Ice is only effective on the day of surgery.

Discomfort: The most discomfort that you will experience will occur with the anesthetic wears off - usually 1-2 hours after surgery. **DO NOT** remove your denture. If a long-acting anesthetic was used, you may be numb for much longer than normal. Do not wait for the pain to become severe before taking the medications since the medicine will require about 30-45 minutes to take effect. Pain will gradually diminish over the next few days.

Smoking: If you smoke, avoid smoking during the first week after surgery. Smoking inhibits the healing process.

Diet: A nutritious liquid diet is necessary for the first day. When the numbness wears off, you can gradually progress to harder foods. Take up to 1500 mg of Vitamin C per day. Drink lots of liquids. No alcoholic beverages while taking medications.



legacy smiles

Excellence Is Our Only Standard!

POST-OP INSTRUCTIONS: EXTRACTIONS WITH NEW DENTURES

Activity: For the first 24-28 hours, you should rest. Patients who have sedation should refrain from driving an automobile or engaging in any task that requires alertness for the next 24 hours.

STARTING THE DAY AFTER SURGERY:

1. Do not remove your denture until your follow up appointment the day after extractions. We will help you and show you how to care for your new denture(s).
2. Brush denture with warm water and soap. DO NOT use toothpaste. Avoid brushing the surgery area.
3. 24 hours after placement, use warm salt water holds 3-5 times per day for 5-7 days after surgery. (1 tsp salt in a glass of warm water) as needed for discomfort.
4. If antibiotics are prescribed, be sure to take them all as directed. Note: They can render birth control pills ineffective.
5. Usually absorbable sutures are used and do not need to be removed. However, it is good if you can be seen by your dentist about 5-6 days after surgery to be checked.

CONTACT THE DOCTOR IF:

1. Bleeding is excessive and cannot be controlled
2. Discomfort is poorly controlled
3. Swelling is excessive, spreading, or continuing to enlarge after 48 hours.
4. Allergies or other reactions to medications occur.
5. If numbness persists after initial day of surgery.
6. Call to schedule follow up appointment for adjustments as you need them. The first six months after we deliver your new denture, adjustments are done at no charge to you. After six months, charges can apply.



(406) 248-2669
Legacy-Smiles.com

