

# POST EXTRACTION AND DENTURE INSERTION INSTRUCTIONS

*Do not smoke*

## **Today**

Leave your denture in for 24 hours.

Take regular pain relief, Paracetamol or as advised by your dentist. Start this as soon as you get home and continue for the next 3-4 days.

Bite on gauze provided for 30 minutes if bleeding occurs. If you run out of gauze, use a small piece of cotton cloth (not cotton wool or tissue paper). Bleeding can be expected and can look worse than it really is, due to the blood mixing with saliva under the denture.

Eat soft food and avoid brushing on the side of the extraction(s), if teeth remain, as it will likely be sore and cause more bleeding.

If you have been prescribed anti-biotics, please take them as directed.

## **Tomorrow and for the next 7 days**

Remove your denture and start mouthwashes with warm salt water (1/4 teaspoon in half glass warm water) after each meal.

Clean your denture with a soft tooth brush and dishwashing liquid, do not use tooth paste. Rinse well. Place back in your mouth, only removing it after each meal for cleaning.

Continue with your pain relief.

Begin gently brushing your teeth, if teeth remain, as normal.

## **After the first week**

Continue as for the first week, but start leaving your denture out at night to give your gums a rest.

The dentures should be stored in a glass with water or denture cleanser to prevent them drying out.

## **Pain, bruising, swelling.**

Pain can be expected for at least the first week. If you notice any marked increase in pain, please contact the surgery for advice or a review – this will be at no cost to you.

Bruising can occur and will likely get worse over the first few days before slowly subsiding over the next week or so.

Swelling, if present, will start early and be at its worst after three days. This will subside over the next week or so. If there is a noticeable increase in swelling over the week and/or you develop a temperature, please contact the surgery for advice or a review – this will be at no cost to you.