

## POST OPERATIVE INSTRUCTIONS FOR DENTURE PATIENTS

- Try to keep the denture in overnight. This is done for swelling. If you are seeing your general dentist tomorrow, they will take it out.
- If you're not seeing your general dentist until next week, then you will take the denture out in the morning after surgery, clean it with warm tap water, and rinse your mouth out with saline solution to clean out the old blood and debris. ( ½ tsp salt to 8 oz glass of water)
- Start using Peridex mouth wash the next day as directed with your dentures out, top and bottom if you have both.
- Oozing of blood is common. If you have excessive bleeding, TAKE YOUR DENTURE OUT, RINSE IT WITH TAP WATER, THEN RINSE YOUR MOUTH OUT WITH WARM SALINE TO GET ALL THE CLOTS OUT. Then roll the gauze up like a 2 inch cigar, make a horseshoe and place it directly over all sockets and bite down firmly for 45 minutes by the clock. Sit down, don't lie down, don't spit and don't check the gauze for 45 mins. Take a pain pill if you're having a lot of pain and place ice to your face 20 minutes on 20 minutes off. If one socket continues to bleed, you may put a dry tea bag over the area with dry gauze on top and bite for 45 mins.
- Once the bleeding is under control, you may place the denture back in.
- After the first 24 hours, don't sleep with your denture in, but you should wear it as much as possible during the day.
- Blood will mix with your spit and ooze out for the next couple days, this is normal. Bright red brisk bleeding is not normal. Call the office at 397-8500.