



W A Y N E G . T H O R P E , D . D . S . , P . C .

VAL VISTA LAKES ORAL & FACIAL SURGERY

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DIPLOMATE, AMERICAN BOARD OF ORAL & MAXILLOFACIAL SURGEONS

## H O M E C A R E I N S T R U C T I O N S F O R I M M E D I A T E D E N T U R E P A T I E N T S

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The immediate denture that has been inserted has provided you with a practical solution to a difficult problem. It has taken many hours of planning, thought and construction.

It is not possible to indicate correctly how well a patient will or will not get along with new dentures. There are so many uncertainties involved that it becomes an almost impossible task to predict how many of the problems may confront new denture patients. However, to make your first few weeks more comfortable, it would be most beneficial to observe the following few simple rules.

1. The denture should be kept in the mouth so that the oral tissues will adapt more readily. The denture may appear to be rather large, but it will settle into position and feel comfortable.
2. The insertion of immediate dentures will usually increase the flow of saliva for a few days. Some patients are very much aware of this increase while others never comment. Simply swallow more often and become determined to learn to use the denture. Rinsing with cold water occasionally and dissolving a hard candy or mint in the mouth will help reduce the distastefulness of excess saliva.
3. If you have been given any prescriptions, use as directed.
4. Upon reaching home apply an ice bag or cold towel to face for 1/2 hour over the area of surgery. Apply on and off for periods of 10-15 minutes each hour for three hours. This will aid in reducing swelling, which is expected when multiple extractions are done and an immediate denture is inserted.
5. It is suggested that you sit upright until bedtime. When you lie down bleeding is increased, you may fall asleep and the denture may become loosened.
6. After 24 hours normal saline ( 1/2 tsp. of table salt in a glass of warm water ) mouthwash can be used several times a day. This can be used for about a week after with Scope or mints to help freshen your breath.
7. A soft diet is indicated for improved comfort for the first 24 hours. Nourishment should be taken regularly. Do not place large portions of food in the mouth. Chew slowly and do not bear down too vigorously. Try not to miss a single meal. Begin with soups and soft foods such as boiled eggs, cottage cheese, warm cereal, well-cooked vegetables, soft fruits, etc. As soon as possible change to solid foods.

8. If bowel habits are irregular as a result of dietary change, a mild laxative is suggested such as milk of magnesia or 4 oz. of magnesia citrated.
9. A yellow, black and blue lip or cheek discoloration may appear after the third day which will gradually fade in several days. Applying a hot, dry bath towel will be comforting and tend to speed up the fading process.
10. If the corner of the mouth is dry and cracked, keep moist with a cream or ointment.
11. If the jaw muscles show a tendency to become stiff, especially during opening and closing, the applications of heat on the outside of the face will help to relax the tension and bring relief.
12. Some patients find it is more comfortable to wear the dentures at night, while others prefer to remove them. The average patient usually decides for himself whether or not to wear the dentures at night. If the patient has a habit of clenching or grinding his teeth during the night, the dentures should be removed to prevent tissue change. It is suggested that dentures be left out at some time each day or night to give the tissue time to rest.
13. Eating habits will have to change and of necessity new habits should be acquired. Before taking food into the mouth, allow the teeth to come together and swallow. This seats the dentures and brings the tongue into a normal position. Now, open the mouth slowly and only wide enough to receive a small quantity of food. Chew on one side then the other, eventually chewing on both sides. Most patients learn that straight up and down movement of the lower jaw is sufficient for the satisfactory chewing of most foods. When taking liquids into the mouth, do not hold that liquid long than to taste it, as the denture will loosen, especially the lower denture. In order to correct this, swallow as soon as the liquid fills the mouth.
14. Dentures can be dislodged simply by sneezing and coughing by the creation of abnormally high air pressures against the dentures. yawning is also capable of dislodging the dentures, by the additional muscular pressure against the dentures. Simply place the hand over the mouth as a sensible precaution when sneezing, coughing or yawning.
15. Your dentures must be handled with care as they can be easily broken. Keep your dentures clean, especially the inside. After each meal scrub them with a denture brush using soap and water or a dentifrice, over a basin filled with water. Never use hot water as this may warp your dentures.
16. We know that this may be a difficult period of adjustment, but approach the matter with determination and in a surprisingly short time, the final results will be fully rewarding. If any questions please feel free to call.