

## **AFTER REMOVAL OF TEETH & DENTURE CARE**

### **THE DAY OF SURGERY:**

- ✓ **Bleeding:** Please change gauze, with provided sterile gauze, every forty (40) to sixty (60) minutes until active bleeding has subsided (usually takes 2 to 3 hours).
  - a. Make sure to apply good, firm pressure to the gauze.
  - b. You may remove the gauze to begin drinking, but return fresh sterile gauze to the extraction site(s) if bleeding is still present
  - c. It is normal to experience light bleeding for up to 24 hours. If there is severe bleeding, please follow the instructions at the bottom of these pages under the title "Excessive Bleeding."
  - d. Please remember, a lot of saliva and a little blood may look like a lot of bleeding. Bright red flow indicates active bleeding. Dark red indicates clotting.
- ✓ Do NOT brush your teeth, rinse your mouth, or forcefully spit for twenty-four (24) hours.
- ✓ Do NOT drink through a straw for seven (7) days after surgery.
- ✓ No Strenuous exercise for three (3) days or until otherwise recommended by your Doctor.
- ✓ **Swelling / Pain:** Ice packs on the face may be used to reduce swelling. Rotate ice packs on and off, or side to side, every fifteen (15) minutes for the next several hours.
- ✓ **Foods:** If you were sedated for your procedure, begin to drink once you arrive home. Start first with clear liquids and then gradually advance to warm soup and soft foods. A lighter diet is recommended for the first 24 hours, consisting of cold, soft foods (mashed potatoes, eggs, Jell-O, ice cream, etc.). Please do NOT drink any carbonated sodas.
- ✓ **If you were sedated for your procedure, do NOT drive for 24 hours after surgery.**
- ✓ **Smoking / Alcohol:** Do NOT smoke cigarettes, marijuana, or vapes / e-cigarettes or drink any form of alcohol for at least seven (7) days after surgery. Doing so may result in the formation of very painful condition known as Dry Socket.
- ✓ **Numbness:** You will remain numb for several hours after surgery, so it is recommended that you begin to drink fluids and take pain medication (over the counter or prescribed) before the anesthetic wears off (or when you begin to feel a tingling sensation).
- ✓ **Medications:** These should be taken as directed by your doctor. Please see the sheet labeled "Medication Instructions" to see exactly how and when to take your pain medication and antibiotics.

### **AFTER HOURS:**

- ✓ We have an overnight call service. Simply call the office at 281 – 805 – 7086. Your call will be directed to your Doctor. It is only necessary to leave patient name and a phone number. Please be aware that the doctor will return your call as soon as possible.

### **THE FIRST DAY AFTER SURGERY:**

- ✓ **Hygiene / Rinsing:** After you have been checked the day after your extractions, you must remove the dentures to gently rinse your mouth with luke-warm salt water two (2) to three (3) times a day to help with healing (use ¼ tsp of salt dissolved in ½ cup of warm water). Please remember NOT to rinse vigorously. Please do NOT use any over-the-counter mouthwashes (Scope, Listerine, etc.) for at least two (2) weeks. Return to your normal brushing routine, while being very gentle when brushing around the extraction site(s).
- ✓ **Denture Care:** Please remember to always take your dentures out at night. Your gums need rest to heal. Sore spots will appear with new dentures. If you develop sore spots and your denture becomes uncomfortable to wear, please call the office and we will get you in immediately to adjust your dentures. Please store your dentures only in water. They can be cleaned with a soft toothbrush and toothpaste.

### **THE FOLLOWING DAYS AFTER SURGERY**

- ✓ **Sutures:** You have sutures placed in your mouth to help stop bleeding and increase the speed of healing. They will dissolve on their own over the next one (1) to two (2) weeks. In some rare instances, non-dissolving sutures are placed and will need to be removed in two (2) to three (3) weeks.



- ✓ **Bruising:** If bruising is present five (5) days after surgery, begin using a warm, moist compress for the next few days. Do NOT use a warm compress during the first four (4) days after surgery.
- ✓ **Discomfort:** The places where the teeth were removed will be sore for several days and discomfort is common. Please take the pain medicine we have prescribed. If you continue to have excessive pain, please come in and allow our Doctors to evaluate you.
- ✓ **Diet:** Please begin with a liquid diet. A couple of excellent supplements are Ensure and Glucerna, which are readily available in different flavors. Gradually advance to soft foods as you can manage it (mashed potatoes, warm soups, puddings, Jell-O, etc.). Please focus on trying to eat on both sides of your mouth.
- ✓ **Adhesives:** If any adhesives are needed prior to the first soft-liner, please only use them in non-surgical / non-extraction areas (roof of mouth, etc.).

#### **EXCESSIVE BLEEDING**

- ✓ Remove your denture and rinse your mouth with cool water. Gently wipe away blood clots with a clean piece of gauze.
- ✓ Take two (2) black tea bags, moisten them, wrap them in gauze, and place them over the area that is bleeding. Close your mouth and apply constant, gentle pressure to the gauze or tea bags.
- ✓ Remain quiet and in a sitting position for 30 to 40 minutes.
- ✓ Repeat steps 2 and 3 until the bleeding is controlled / stopped.

#### **PLEASE REMEMBER**

New dentures are difficult to get accustomed to and take a great deal of time and patience during the healing period. Because they are not a natural part of your body, adjusting to them may be uncomfortable initially. We will work with you to help make you as comfortable as possible! **Do NOT get discouraged!** Please let us know if you are unhappy with your dentures. We will do our best to correct the issues and ensure a pleasant experience!

Thank You,

**From the Staff at Immediate Smiles Dentures & Dentistry**