

**Post Operative Instructions**  
**for Extractions with Delivery of Immediate Dentures**

- Try not to take out your denture for the first 24 hours to prevent swelling. After 24 hours you may take it out and scrub it with a brush and put it back into your mouth.
- Do not use mouthwashes, salt water rinses, or adhesives until the doctor says it's okay.
- *Gently* rinse your mouth with luke-warm or cool water as needed.
- Adjustments to the denture are a normal procedure as your gums heal. It could take several visits. Please do not get discouraged. This is a normal part of the healing process. Call the office and we'll get you in as soon as possible.
- A permanent reline will be done when your gums are finished healing. Due to the lab being involved with this process, there is a delay of several hours. It is best to come in first thing in the morning (8:00) for this impression. The reline can usually be back by 4:00 P.M.
- As you learn to chew with your new teeth, divide your food to chew on both sides at the same time. This will help to keep the denture from popping down on the opposite side.
- After your extractions have healed, it is good to take your denture out to allow your gums to breath for 1 to 2 hours. When your denture is out, keep it in a little water and out of reach of animals (they'll chew them up!).
- Please don't hesitate to call anytime if you have questions at (480) 981-0094.