

# **INSTRUCTIONS FOLLOWING MULTIPLE DENTAL EXTRACTIONS With The Seating of Immediate Dentures**

If you have just had SEVERAL TEETH REMOVED and an IMMEDIATE DENTURE inserted, please follow these instructions carefully.

1. Use ice packs and ICE WATER for the next 48 hours. Follow this with MOIST HEAT and warm rinses.
2. Stick to a SOFT, LIQUIDY DIET for the first 48 hours, begin chewing, using your own personal comfort as your guide. A good mainstay is HOMEMADE EGGNOG, using fresh eggs and milk, supplemented with a fresh fruit, such as a banana, orange, or strawberries. You may even add crushed or powdered vitamins to this eggnog.
3. Change the gauze sponges every 30-45 minutes until the oozing has stopped.
4. Use the PAIN MEDICATION you have been given when numbness starts to wear off. If you have been given an antibiotic, take it according to the directions. Begin gentle rinsing of the mouth 24 hours after surgery with either a saltwater rinse (1 teaspoon salt and eight ounces warm water) or a mixture of one half Viadent oral rinse and one half water. Rinse GENTLY, but thoroughly. This will give your mouth a refreshing feeling.
5. Do NOT remove your immediate denture on the day of your surgery. KEEPING the denture IN is very important. If your denture is removed, swelling will occur, and the denture will not fit.
6. Be sure to SEE YOUR DENTIST 24 HOURS AFTER SURGERY FOR YOUR FIRST DENTURE ADJUSTMENT. HE/SHE WILL REMOVE the denture, CLEAN IT, inspect your mouth, and make any adjustments that area required.
7. Apply ZILACTIN OINTMENT in the denture itself to correspond to any sore areas that may develop.
8. Following the first 24 hours and after your first denture adjustment. YOU MAY REMOVE your denture for hygiene purposes. Use a regular toothbrush and toothpaste to accomplish this. Rinse your mouth with cool water or the suggested mouthwash and re-insert the denture.
9. Be sure to RETURN for your post-operative appointment for the removal of any SUTURES that may have been placed and for further instructions.
10. If you develop any problems following your surgery or have any questions, please do not hesitate to contact us.

