

## **Post-delivery instruction for immediate prostheses (dentures)**

**Ann Wei DDS FACP**

450 Sutter St. #2425 San Francisco CA 94108

(415) 518-4992

1. If the dentures feel comfortable in the mouth, do not take them out after the surgery for up to 3 days or until swelling is gone.
2. If the dentures are uncomfortable to wear after the surgery, you may take them out anytime. Due to the swelling of the soft tissue, it's possible that you may not be able to put the dentures back in the mouth. If that happens, you can leave the dentures out until swelling subsides. Trying to put back dentures on swollen tissue can be painful.
3. Within 72 hours, it is normal to have bloody taste in the mouth. It's usually small amount of blood mixed with saliva. As long as you do not see your mouth full of blood, it's most likely normal.
4. Do not spit or rinse vigorously. This will dislodge the blood clot and make bleeding occur.
5. Stay on soft diet. Use blender, slow cooker or pressure cooker for preparing vegetables or meat. Stay with cooler nutritious food. Very hot soups may trigger bleeding. If you attempt chewing, try to chew food with both sides at the same time to help stabilize the dentures.
6. After the healing period, eat food that you are comfortable with. As you are more used to using the dentures, you will gain confidence and comfort chewing and eating normal texture food.
7. After swelling subsides or/and the doctor instructs you that you can remove the dentures daily, you should not wear them at night time when you sleep. Clean them with a brush, cold water and hand soap or dish soap. Make sure there is no food debris or slimy deposit on the dentures. Store them in cold water in a container. NEVER LEAVE THEM OUT DRY.
8. Do NOT use toothpaste to brush on dentures. Toothpaste is abrasive and creates scratches on them.
9. Never soak dentures in bleach, chemicals or hot water. High temperature will distort the denture.
10. It's normal to feel there is increased amount of saliva in the mouth when starting to use dentures. This will go back to normal in a couple of days.
11. Speech will be affected with the new dentures. After they become more comfortable, you should start practicing speaking at home by reading out loud with a book.