



Call: 406-656-6100  
Toll Free: 877-325-6100

## Post-Operative Instructions for Extractions with New Dentures

*\* It is important to leave dentures in place for 24-hours.*

### **Bleeding:**

It's normal to have light bleeding for 24 hours. Do not spit or rinse excessively or engage in physical activity since this stimulates bleeding. Some oozing could last up to 24 hours. **Please Note:** If heavy bleeding persists, place a clean folded gauze pad on both sides of your mouth, hold pressure with denture in place and maintain pressure until the bleeding stops. In rare cases, a tea bag (tannic acid) may be used to encourage clotting (regular, not herbal tea). Call us if bleeding doesn't stop or it is heavy for too long. Keep your head elevated when resting.

### **Swelling:**

This is normal following a surgical procedure in the mouth. It should reach its maximum in 48 hours and then diminish by the fifth post-operative day. The use of Ibuprofen is helpful. Please follow instructions on bottle. Place ice or cold compresses on the face in the region of the surgery for ten minutes every half-hour for the first 8 - 12 hours. Ice is only effective on the day of surgery.

### **Discomfort:**

The most discomfort that you will experience will occur when the anesthetic wears off - usually 1-2 hours after surgery. It is important you leave your denture in for the first 24 hours. If a long-acting anesthetic was used, you may be numb for much longer than normal. Do not wait for the pain to become severe before taking the medications since the medicine will require about 30-45 minutes to take effect. Pain will gradually diminish over the next few days.

### **Smoking:**

If you smoke, avoid smoking during the first week after surgery. Smoking inhibits the healing process.

### **Diet:**

A nutritious liquid diet is necessary for the first day. Hard foods eaten while you are numb can dislodge the gums that were lifted up and then sutured in place. When the numbness wears off, you can gradually progress to harder foods. Take up to 1500 mg. of Vitamin C per day. Drink lots of liquids. No alcoholic beverages while taking medications.

If any problems or questions do arise, please feel free to call the office at **406-656-6100**

Post-Operative Instructions for Extractions with New Dentures are also available on our website at [www.BrewerDentalCenter.com](http://www.BrewerDentalCenter.com).