

waterside dentalcare

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Post-Operative Advice Following a Surgical Extraction and Immediate Fitting of a Denture

- ◇ Ensure you are not involved in any strenuous exercise for the following 2 hours.
- ◇ Do not have anything excessively hot or cold to eat or drink for the next 2 hours. You may eat and drink as normal but avoid extremes of temperature or chewing directly on wounds.
- ◇ Do not smoke for at least the next 2 hours.
- ◇ Do not drink alcohol for at least the next 2 hours.
- ◇ Do not rinse the mouth for at least 6 hours
- ◇ Please keep the denture in place for 48hrs without taking it out of the mouth.
- ◇ Make sure you have painkillers on hand for the next 24 hours, i.e. Paracetamol or Ibuprofen. If possible, take some painkillers within the first hour after extraction. This will tide you over the time when the anaesthetic is wearing off. Pain control is particularly important during the first 8 hours following extraction.
- ◇ If excessive bleeding re-occurs, apply pressure over the socket site by biting on a rolled up handkerchief. You may need to apply pressure for 20 minutes before bleeding stops. In the event of bleeding, remember that blood will mix with saliva so the volume will appear greater. Should bleeding restart after removing the handkerchief, follow the same procedure again using a moistened handkerchief.
- ◇ You may experience some degree of swelling or bruising on the face following your extraction. Blood may track between skin and muscle and spread some distance, making the appearance quite dramatic, although short lived.
- ◇ It is important to take care of the socket during the next few days. After 24 hours you should rinse round gently and bathe the socket site with hot salt water. This should be done at least twice daily.
- ◇ 2 days after the surgery gently take the denture out. Give it a thorough clean and replace it.