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POST-OP INSTRUCTIONS: FULL MOUTH EXTRACTIONS/DENTURE PLACEMENT

- Do not rinse or spit for 24 hours.
- Do not drink from a straw, have carbonated drinks, or smoke for 3 days.
- Do not remove your denture/dentures for 24 hours. If you become frustrated and are unable to eat, drink, or take your medicine while wearing your dentures, you can remove them briefly, but not for more than 15-20 minutes. Rinse the dentures off before placing them back into your mouth, but remember **DO NOT** rinse your mouth (for 24 hours).
- Do not do any heavy lifting, pushing, or pulling for 7 days.
- Do not use denture adhesives until your denture doctor says it's ok to do so.
- Use ice packs off and on, and keep your head slightly elevated for the first 24-48 hours to control swelling. If you experience some bruising, this is normal.
- Change gauze every 30-45 minutes until bleeding stops or is very minimal. It is ok to eat/drink if you are still having some bleeding. Remove gauze while eating/drinking.
- Drink lots of fluids the day **OF** and the day **AFTER** surgery to prevent dehydration. (Just nothing carbonated and no straws for 3 days.)
- If sutures were placed, they will dissolve on their own in approximately 10 days.
- When you get home from surgery, your mouth will still be numb. We recommend a non-chew diet for the **FIRST** day. (Applesauce, yogurt, jello, mashed potatoes/gravy, broths, ice cream, sherbert, pudding, baby food, grits, and plenty of non-carbonated fluids, such as Gatorade, water, juice, Vitamin Water, etc.).
- Beginning the day **AFTER** surgery, you can enjoy a **SOFT** chew diet (eggs, pancakes, muffins, macaroni and cheese, Spaghettios, pasta, baked potatoes, softened/cooked veggies, refried beans with cheese, casseroles, bananas, oatmeal, tamales, enchiladas, etc.). Continue this diet for approximately a week after surgery. You will gradually begin to enjoy a normal diet. Beginning the day after surgery, remove your denture after eating, rinse off any food debris, and lightly rinse your mouth with the prescription mouthwash or warm salt water.

PRESCRIPTIONS

- Start taking pain medication before the numbness wears off. Take prescribed ibuprofen 600mg every 6 hours. 3 hours after taking the ibuprofen take 2 tablets of over-the-counter Tylenol 325mg tablets. Continue this regimen for 2 to 4 days after surgery. This regimen may be modified depending on your personal health history. If prescribed other pain medication, take as prescribed. It is recommended to take pain medication with food.
- You will be given a prescription for anti-nausea medication. If you experience any nausea, take the medication right away to prevent vomiting.
- You will be given antibiotics and a prescription mouth rinse. Start both of these 24 hours after the surgery. Warm salt water rinses are helpful as well, just not for 24 hours after the surgery. After 24 hours, when you are allowed to start rinsing, rinse lightly, not vigorously.

If you have any questions or concerns, please feel free to call our office at (205) 900-WISE.