

Ravi Doctor DDS



Denture care instructions

- **DO NOT** remove your denture(s) for 24 hours after extractions
- Avoid smoking
- Avoid drinking from a straw for 48 hours
- Avoid spitting for 48 hours
- Avoid heavy lifting or strenuous exercise for 48 hours
- Rinse with warm salt water starting the 2nd day after the extraction (avoid rinsing vigorously)
- Keep tongue and fingers away from the sockets, and sutures (if any) until area is healed
- Ice pack application will help in the first 6-8 hours. It will help with swelling and some discomfort (10 minutes on and 10 minutes off)
- Take prescribed medications (if any) as directed
- We will need to make several adjustments on your denture as your bone is healing
- DO NOT adjust your denture(s) yourself
- After the first 24 hours, remove your dentures every night
- When not wearing dentures, always keep them contained in water
- Brush your denture every day in order to keep them clean
- **DO NOT USE TOOTHPASTE TO CLEAN THE DENTURE**
- Keep the denture in a case, away from animals, especially dogs when not using it.
- Bring the denture with you to every dental appointment, including cleaning appointments.
- If appliance is rubbing and causing sore spots call the office for an adjustment. Leave appliance out as much as possible until you are able to come in. This will prevent the sore spot from getting worse.

****If you have any questions or concerns please call our office.**

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