

Dear Patient,

Now that you have had your extractions, here are some helpful suggestions. You will have soreness as you heal, but it will get better as time goes on. Please call the office if sore spots develop during the healing period so we can adjust the denture to alleviate the sore spots and make it more comfortable for you.

During the first week, rinse your mouth with a mixture of 2 oz. peroxide, 2 oz. water, and a small squirt of mouthwash for flavoring. Do this twice a day, morning and night. Take your dentures out before you do this and clean them very well. If there is denture adhesive in them, alcohol can remove it quite easily. Be sure they are thoroughly cleaned before you put them back in your mouth. It is very important that you keep your mouth and dentures clean. This will enable your body to heal quickly and your immune system to work effectively. This cannot take place if you allow excessive numbers of bacteria to contaminate the mouth or the dentures are allowed to remain uncleaned.

As you may have already noticed, you may have an excessive amount of saliva present in your mouth. This is normal as your brain thinks there is food in your mouth. This condition will correct itself as soon as the brain realizes that you are now wearing dentures. This situation can be helped by sucking on some after dinner mints. These mints are multicolored and can be purchased almost anywhere. They dissolve quickly and do not interfere with your new dentures. In fact, the mints take your mind off of your having new dentures and give you something to do during the acclimatization phase of healing. Sucking on the mints will allow you to work your mouth's muscles and help you get used to having the dentures in your mouth. Note: if you still have any natural teeth present, be sure to brush them often as keeping mints in your mouth for long periods of time could lead to decay on your remaining teeth!

If you were prescribed an antibiotic, be sure to take all of them as directed. This is a precaution against developing an infection.

For the first few days, please eat foods that are easy to chew. For example, scrambled eggs, soup with noodles or dumplings, pasta and sauce, etc., all make great first foods to try. Do not try to eat anything that is tough or difficult to chew. Doing so will only aggravate the healing extraction sites causing sore spots and frustrate you. You will be able to move on to more difficult foods as your mouth heals and you become accustomed to using your dentures.

Finally, please do not wear denture adhesive on days that you come in to the office. It is difficult and time consuming for us to remove and will unnecessarily impede treatment. Also, it interferes with the materials we place in the dentures during the healing phase. We will give you some adhesive, if needed, at the end of the appointment.