

## POST OP INSTRUCTIONS FOR DENTURES AND REMOVABLE APPLIANCES

### STORAGE & CLEANING

- When the appliance is not in your mouth, it should be stored in fresh tap water.
- Brush the outside and gum side of the appliance. Do not scrub excessively as it can cause undue wear.
- You can use dishwashing liquid or mild toothpaste.
- Periodically, you can soak the appliance in an over-the-counter appliance cleaner.
- Do not use bleach and do not boil.

### WEAR

- Adhesives are available that can improve the grip of a loose appliance.
- Ideally, you should not sleep with your appliance.

### MAINTENANCE & EXPECTATIONS

- Immediate dentures need to be left in place for 24 hours. Several times a day, gently rinse the sites and gently expectorate.
- A new appliance can take several appointments to eliminate sore spots and to customize the new bite.
- Four to six months after the extractions, the dentures will need to be relined so they will fit snugly to the healed extraction areas.
- Sore spots, especially with a new appliance, are expected. Call the office at **(919)596-7447** and we will adjust the area of the appliance causing the problem.