
Surgical Dentures

Surgical Dentures, or Immediate Dentures as they are sometimes called, are dentures that are made in advance of the extraction of teeth, and are placed as soon as the teeth are extracted. They can be complete dentures or partial dentures depending on the patient's needs.

This type of service starts before the teeth are extracted and extends only to the time when the mouth has completely healed, at which time, further treatment is necessary. The principal advantage of this process is that you are not without teeth during the healing period.

There are routine instructions a patient is given but specific ones may be prescribed by us or your dental surgeon, for your particular situation.

Wearing the Dentures: Your immediate denture(s) should be worn day and night for the first three days except to remove them for denture and mouth cleaning. This is especially true for the first 24 hours as leaving the denture out will result in swelling that could possibly result in making the denture reseating to be either impossible or very painful.

Swelling: This will occur, and in various degrees, which will affect the appearance of an individual for several days. Use of cold packs intermittently especially during the first 2-3 days can reduce swelling and some discomfort. If used, alternate 20 minutes on, 20 minutes off unless advised otherwise by your dental surgeon. Pain medication may also be prescribed by the dental surgeon.

Cleaning during Healing Period: Rinse your mouth gently with warm salt water solution (not hot), or a mouthwash (preferably non-alcoholic), or if ordered by your dental surgeon, a prescription chlorhexidine rinse. Brush the mouth tissues where possible (cheeks and tongue areas plus the ridges unaffected by the extraction process) with a soft tooth brush and plain water. You do not want to disturb any of the blood clots in the extraction sites, so do not brush those areas. Once the extraction sites have healed, then brush all areas.

Denture Adhesive: Minimize the use of denture adhesives; preferably do not use any.

Denture Adjustments: The need for denture adjustments is dependent on the individual and is affected by the number of teeth extracted, the pre-extraction disease state in the mouth, what occurred during the extractions, and other variables. During the first few days and ensuing weeks, the need for adjustments will vary with each individual but do not leave any sore spots in your mouth. Make an appointment for us to check and adjust the denture(s) if necessary.

Sutures-Stiches: Your dental surgeon will advise you if these have been used and any procedures to address them.

Normal Findings/Issues:

Appearance: Depending on a number of factors, sometimes surgical dentures do not have the best esthetic result; this is usually due to bone structure being large and therefore lack of room for initial denture tooth placement, or a high smile line which results in a gummy denture look. Esthetics can be changed within specifics for a case, once bone changes occur. However, the fees related to changing the esthetics of a denture are not included in the initial fees for the denture.

Chewing & Diet: It is best to be on a soft food diet for the first week or two. It is logical that any pressure applied against the sockets of recently extracted teeth can be painful. Further, you now have artificial teeth on moveable bases, so your chewing will be different. Placing food on both sides and chewing straight up and down will be a stabilizing force. Once you are accustomed to the denture(s), your chewing ability should improve and you will typically find that one side tends to be a favorite for chewing. Avoid foods that are hard, tough, sticky, or require considerable chewing. Vegetables should be cooked until they are at least softened somewhat.

Saliva: It is common with an initial denture to find that you are producing a lot of saliva. This is due to the fact that your brain thinks your denture is food and it stimulates the saliva glands to produce more saliva. This will decrease with time, but you can try sucking on hard candies (once the extraction sites have healed) which will provide your brain with the flavor sensation and once the candy is gone, the brain "forgets" about the denture for a while. You may also notice some drooling due to the increased saliva production.

Speech: Your speech may be affected by a new denture due to tooth positioning and the denture base coverage of areas in your mouth. With time, speech should return to normal. Reading out loud to yourself can expedite this process as you will hear how you are pronouncing your words and change tongue patterns to alter the sound.

Changes in Your Mouth: For the next 8-12 months there will be changes in the denture supporting structures. As the mouth heals, the supporting ridges where your teeth were decrease in size and the denture(s) will become looser. During this transition time, temporary relines are necessary and are done via use of what are called tissue conditioners. These are a soft lining material that will refit the denture(s) and provide comforting cushioning on the gums.

- Your treatment includes **(2) temporary liners**; additional required temporary liners will have costs will applied. If you have dental insurance coverage, it may provide some coverage for the fees for additional liners.
- Surgical dentures will **always require a permanent reline** once your gums have finished healing. This will occur approximately eight to twelve (8-12) months after your extractions. If your gum changes are significant, we may have to do a **reset** of your denture(s) along with your reline(s). The cost of the reline/reset **is not** included in your denture cost. If you have dental insurance coverage, it may provide some coverage for the fee for the permanent reline. In some extreme cases, replacement of the denture(s) may be required; this due to extreme changes in the bone structure and tissues following your extractions, or the patient's desire to change the esthetics of the denture(s).

Post-extraction Instructions

- Your dentist or surgeon will place your surgical denture(s) immediately following your extractions.
- Unless instructed otherwise **do not for any reason** remove denture(s) before your post-extraction check-up appointment with us. If you remove your dentures yourself, you may not be able to get them back in your mouth, due to the swelling that occurs after extraction. We are normally the first one to remove your denture(s).
- **Do not** rinse your mouth for 24 hours. It is permissible to drink cool or lukewarm liquids but do not use a straw or suck liquid out of a bottle, as this creates a vacuum force which can remove the blood clots in the extraction sites resulting in more bleeding.
- Smoking and alcohol should be avoided for at least **24 hours**. Smoking and alcohol can significantly affect the blood clotting and healing processes.
- **After the first 24 hours**, rinse your mouth frequently with a solution of 1-2 teaspoons of salt in a glass of warm water. Continue the rinses for a few days. Swelling and discoloration is to be expected in certain areas of your mouth and face, usually reaching its maximum two days after surgery.
- If you have any questions or concerns, please call us at 403-251-1522. Don't leave it until some visit in the future!

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Denturist

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