

## **AFTER CARE INSTRUCTIONS FOLLOWING DENTURE IMPLANTS**

**DENTURE CARE** - Keep your denture in your mouth 24/7 for 2 weeks. It is normal for some food to get caught under the denture, but this will not affect your healing. Starting one day after the procedure, gently bathe your mouth with the prescription rinse for the next 2 weeks. The rinse can cause temporary staining of the teeth and tongue. **AFTER THE 2 WEEK CHECK UP APPOINTMENT, YOU NEED TO TAKE YOUR DENTURE OUT AT BEDTIME.**

**HEALING** - Avoid alcohol, smoking, spitting, and sucking on a straw for at least 24 hours after the procedure.

**DISCOMFORT & SWELLING** – Discomfort, swelling, and bruising is the most prevalent for 3 days after the treatment. Begin taking pain relievers as prescribed by Dr. Chung and continue on a regular basis for the first 3 days. If necessary, Dr. Chung can prescribe stronger medication for you. Apply an ice pack for the first 24 hours, alternating 20 minutes on and 20 minutes off to minimize the initial swelling. If the discomfort *increases* after 3 days, please call our office immediately.

**MUSCLE SORENESS**- Difficulty opening the jaw can occur after surgery. We recommend light jaw stretching and heat therapy on the jaw muscle after the first day to relieve this temporary muscle soreness.

**DIET** - For the first week, eat very soft foods like yogurt, mashed potatoes, and creamy soups. In your second week of healing you can begin to eat more solid foods such as pasta, fish, chili, and cooked vegetables (**anything that you can easily cut with the side of a fork**). You will need to avoid tough meats, nuts, crunchy fruit and vegetables, and crunchy snacks.

**Please follow this softer diet for the entire healing period of at least 2-6 months. Please refer back to your original instructions for the healing time required for your particular case.**

**STITCHES** - Stitches will be placed under your denture. At the 2 week appointment we will take your denture off and remove the stitches with minimal discomfort. Even with stitches, it is expected for your saliva to be streaked with blood for a day or two. If you notice persistent bleeding please call our office immediately.

**SINUS GRAFT** –For the first 2 weeks do not blow your nose (dab with a tissue) and sneeze with your mouth open. Do not travel by airplane for 1 week after the procedure. Specific medications will be prescribed.

Do not hesitate to call our office at **250-372-7177** if you have any questions. If you have an after-hours emergency regarding your implants, please contact Dr. Chung on his cell phone at **250-574-6154**.