

## **POST OP EXT WITH IMMEDIATE**

- ✓ Tenderness is normal for the first month or so, but call to make a convenient appointment time (442-4267) if any sore spots occur or a feeling like the plate is digging into your gums.
- ✓ Warm salt water rinses 4-5 times a day.
- ✓ Start off with soft foods and gradually increase to harder foods.
- ✓ Chew on both sides at the same time.
- ✓ Take denture out every night to soak.
- ✓ Read a newspaper or magazine out loud to get your tongue and lips used to their new surroundings and to minimize speech changes.
- ✓ Can use fixodent 2 weeks after extractions if dentures are loose unless Dr. advises that it is o.k. sooner.
- ✓ Healing time is usually 6 months.