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**INSTRUCTIONS FOR IMMEDIATE HEALING  
TEMPORARY DENTURES & PARTIALS**

**1. WHEN DO I TAKE MY DENTURES OUT OF MY MOUTH?**

DO NOT TAKE YOUR HEALING DENTURES/PARTIALS OUT UNTIL THE MORNING AFTER YOUR SURGERY. SWELLING OCCURS IN THE FIRST 24 HOURS AFTER SURGERY AND IT IS IMPORTANT TO KEEP YOUR HEALING DENTURES/PARTIALS IN YOUR MOUTH DURING THIS TIME BECAUSE OF THE INITIAL SWELLING.

**2. HOW & WHEN DO I CLEAN MY DENTURE?**

THE NEXT MORNING AFTER SURGERY AND THEN TWICE A DAY, RUN WATER IN YOUR BATHROOM SINK TO PROTECT AGAINST BREAKAGE OF THE DENTURE/PARTIALS IN CASE YOU DROP THE DENTURE. THEN GENTLY REMOVE YOUR DENTURE/PARTIALS, RINSE AND CLEAN YOUR DENTURE WITH ANY ANTI-MICROBIAL HAND SOAP TWICE A DAY ESPECIALLY AFTER YOUR EAT.

**3. WHEN DO I USE THE PRESCRIPTION MOUTH RINSE RX PERIOGUARD?**

BEGIN USING THE RX PERIOGUARD RINSE THE MORNING AFTER YOUR DENTAL SURGERY FOR 30 SECONDS, THEN CONTINUE RINSING TWICE A DAY FOR 2 WEEKS. ALSO USE WARM SALT WATER RINSES (1.4 TEASPOON OF SALT IN 8 OZ OF WARM WATER) TWICE A DAY TO PROMOTE HEALING OF SURGICAL AREAS AND DENTURE SORE SPOTS. A GOOD SCHEDULE IS: USE RX PERIOGUARD RINSES WHEN YOU WAKE UP AND BEFORE BEDTIME, AND USE WARM SALT WATER RINSES AFTER LUNCH AND SUPPER. REMOVE YOUR DENTURES/PARTIALS, AND THEN RINSE YOUR MOUTH! DO NOT RINSE WITH YOUR DENTURES/PARTIALS IN YOUR MOUTH.

**4. DO I SLEEP IN MY DENTURES?**

SLEEP IN YOUR HEALING TEMPORARY DENTURES/PARTIALS FOR **THE First 2 WEEKS** UNLESS INSTRUCTED OTHERWISE. AFTER THE SWELLING HAS GONE, IT IS USUALLY ADVISABLE NOT TO SLEEP IN YOUR DENTURES TO ALLOW YOUR GUMS TO HEAL QUICKER. ALWAYS STORE YOUR DENTURES IN CLEAN WATER. DO NOT USE COMMERCIAL POLIDENT OR EFFERDENT TYPE CLEANSERS, AS THEY WILL DISCOLOR YOUR DENTURES!

**5. CAN I USE DENTURE ADHESIVE?**

**DO NOT USE ANY DENTURE ADHESIVE SUCH AS FIXADENT OR POLLIGRIP IN YOUR TEMPORARY DENTURES/PARTIALS IN THE AREA WHERE YOUR TEETH WERE EXTRACTED OR WHERE YOU HAVE SUTURES. IT IS OK TO USE DENTURE ADHESIVE AFTER THE FIRST 4 WEEKS OF HEALING.**

**7. WHAT CAN I EAT?**

DIET: FOR THE FIRST 2 WEEKS, WE SUGGEST A SOFT DIET (WHAT EVER YOU CAN COMFORTABLY EAT WITH A SPOON) (I.E. OATMEAL, GRITS, EGGS, SOUPS, ENSURE, GLUCERNA, BOOST, SLIMFAST, PROTEIN DRINKS, ETC). UNSWEETENED ICE TEA IS THE BEST BEVERAGE DURING THE FIRST 12 HOURS. **AVOID HIGH SUGAR SOFT DRINKS AND CARBONATED DRINKS. DO NOT DRINK THRU A STRAW AS THIS INCREASES SWELLING DURING THE FIRST 24 HOURS.**

**8. DENTURE SORE SPOTS ?**

IT IS NORMAL FOR IMMEDIATE DENTURES AND PARTIALS TO CREATE SORE SPOTS AND AREAS OF IRRITATION. USE WARM SALT WATER RINSES (1/4 TEASPOON OF TABLE SALT IN 8OZ OF WARM WATER) THREE TIME A DAY UNTIL HEALED. YOU MAY NEED AN ADJUSTMENT FOLLOW UP APPOINTMENT IF SORE AREAS PERSIST. PLEASE CALL FOR AN APPOINTMENT 334-277-9570.

**9. WHAT ABOUT BONE SPLINTERS?**

BONE SPLINTERS MAY WORK THEMSELVES OUT OF YOUR GUMS DURING THE FIRST FEW WEEKS OF SURGERY AFTER TOOTH EXTRACTIONS. THIS IS NORMAL AND USUALLY DOES NOT REQUIRE REMOVAL.

**10. IF ANY UNUSUAL SYMPTOMS, DISCOMFORT, PAIN, FEVER, OR INCREASE SWELLING OCCURS, PLEASE CALL THE OFFICE FOR ANY APPOINTMENT TO SEE DR. WILLIAMS AS SOON AS POSSIBLE.**

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