

INSTRUCTIONS FOR EXTRACTION & IMMEDIATE DENTURE INSERT

When cleaning your dentures - clean over a basin ½ filled with water – if your denture should slip from your hands the water will break the fall which will stop the denture from breaking

DO NOT REMOVE DENTURES FOR 24 HOURS

24 HOURS AFTER EXTRACTIONS

- Remove denture and clean with soft toothbrush and soap (soap is less abrasive than toothpaste and won't scratch your dentures).
- Dissolve 1/2 teaspoon of salt in a small glass of warm water and rinse your mouth for at least 1 minute.
- Replace denture straight away.
- Rinse your mouth 3 - 4 times a day, after eating and before retiring at night.
- Continue with mouth rinses for 4 - 5 days.

IF BLEEDING RECOMMENCES:

- Remove Denture and rinse under cold water.
- Rinse mouth with cold water and replace denture straight away.
- Keep your mouth closed with a firm, steady pressure on the denture for at least 30 minutes – longer if necessary.
- Sleep with head slightly raised in bed.
- If the above treatment fails, contact Adelaide Dental Solutions
Ph: 8244 3677.

IMPORTANT - Avoid alcohol or any other stimulants including cigarettes for 24 hours after extractions.