

DNTL  
CODE

DENTAL + SKIN INNOVATION

## Dental Extraction Post Care

- KEEP PRESSURE ON THE GAUZE FOR 20 MINUTES then remove and replace if still bleeding and apply pressure again for 10 minutes.
- DO NOT rinse for the rest of the day (you can brush your teeth, eat and drink normally once bleeding and the numbness has gone).
- Starting the next day, gently rinse your mouth with warm salty water, do not spit, tilt your head to the side, and let it run out. Do this 3 times a day until your mouth heals.
- AVOID smoking and alcohol for at least 2 days.
- AVOID strenuous exercise for 2 days, and if pain is intense rest with head raised.
- Do not eat anything too hot (temperature) or spicy for 2 days as this can increase bleeding.
- Stick to eating soft foods, such as pasta, fish, mince, yoghurt etc. Avoid anything hard or grainy to reduce the risk of it getting caught in the socket.
- AVOID drinking through a straw and AVOID blowing your nose, just wipe instead.
- If you need to sneeze, sneeze with an open mouth.
- Where advised, or if pain is present, take 2 PANADOL or 2 IBUPROFEN (if no allergies). NOT ASPRIN as this can prolong bleeding.
- Dental extraction patients are eligible to receive a discount when booking 5x LED Light Therapy sessions post extraction.
- LED light therapy can minimise pain and inflammation and help you achieve faster healing results, without any side effects.

IF HEAVY BLEEDING CONTINUES,  
CONTACT DNTL CODE ON 9192 1624

DNTL Code 6 Barker St, Broome 9192 1624

## *Caring For Your Denture*

The first few days:

- Your dentures may feel bulky in your mouth.
- The denture may feel uncomfortable and tight.
- Your gums may feel irritated and sore.
- You may become aware of an increase in the amount of saliva in your mouth.
- Your speech may be affected; however, this will improve in time.
- Give yourself time to adapt to your new teeth and only eat soft foods during these first few days.
- Make sure to take your denture out when you sleep or if you play contact sports.

Adjusting your dentures:

If you become sore underneath your denture, contact DNTL Code for an adjustment. Make sure you wear your dentures for 24 hours before your appointment so the dentist can determine the cause of the problem and adjust your denture accordingly.

How to clean your dentures:

Clean your dentures at least twice a day or preferably after each meal. Remove your dentures and then rinse away any food debris with warm water. For those with a partial denture it is important that you thoroughly clean it. Any remaining plaque may increase the risk of losing more of your natural teeth.

When cleaning your dentures, do not use conventional toothpaste as it is too abrasive. Instead, brush both the outside and inside surface of your dentures with a soft toothbrush and dishwashing liquid.

When cleaning your dentures do not use:

- Harsh detergents
- Bleaches
- Methylated spirits
- Boiling water (causing the denture to warp)
- Abrasives
- Other strong chemicals of any kind

DNTL Code has denture cleaning kits available for purchase.

### Jaw Opening and Closing Exercises

- Open your mouth as wide as you can comfortably and hold for 5 seconds.
- Close your mouth slowly and gently.
- Repeat 10 times.

### Side-to-Side Jaw Movements

- Move your jaw to the right as far as you can comfortably and hold for 5 seconds.
- Move your jaw back to the center and hold for 5 seconds.
- Move your jaw to the left as far as you can comfortably and hold for 5 seconds.
- Move your jaw back to the center and hold for 5 seconds
- REPEAT 10 TIMES.

### Chin Tucks

- Place your tongue on the roof of your mouth and touch your chin to your chest.
- Hold for 5 seconds.
- Slowly release your chin and return to the starting position.
- Repeat 10 times.

### Jaw Rotation Exercises

- Make a circle with your jaw, starting on the right side and moving down to the chin, then up to the left side, and back to the right side.
- Repeat 10 times in each direction.

### Opposing Muscle Strength Exercise

- Place a closed fist under your chin.
- Slowly and open and close your mouth while maintaining a gentle pressure against the chin.
- Keep your muscles tense while opening and closing, and resist the gentle pressure applied to your chin by your fist.
- Repeat 20 times or until your muscles are exhausted.