



# Central Valley Periodontics & Implants

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## POST-OPERATIVE INSTRUCTIONS – REMOVABLE APPLIANCE

Today an immediate removable appliance was delivered that is called a:

DENTURE

STAY PLATE (aka flipper)

**Here are some instructions to make the transition as smooth as possible:**

### SEE YOUR DENTIST WITHIN ONE WEEK FOR FOLLOW UP AND ADJUSTMENT:

Please contact your dentist's office for an appointment.

**Please wear the appliance as directed:** The appliance should be worn 24/7 for the first three to four days due to expected surgical swelling. If you leave the appliance out for an extended period of time and swelling occurs; you may not be able to wear the appliance for several days until the swelling subsides.

**Food:** Do your best to wear the appliance when you eat.

**Home Care:** Periodically remove the appliance to rinse it off, especially after you eat. Also remove the appliance to clean your remaining teeth as directed. When you are able to remove the appliance at night, you may clean it with store-bought denture cleaner. Let your appliance soak in a cup of water when it is not in your mouth.

### Retention and Stability:

A pea-sized amount of store-bought denture adhesive can be used right away to help retain and stabilize any UPPER appliance by placing the material in the noted location. Be sure to keep the denture adhesive out of any stitches that you may have.

Denture adhesive can be USED for a LOWER appliance when you have been instructed to do so.

**HERE**



IF YOU HAVE ANY PROBLEMS OR QUESTIONS, DO NOT HESITATE TO TELEPHONE THE OFFICE AT ANY TIME. 209-572-6008.