



Post-Operative Instructions Following Implant Overdentures (Snap-In Dentures)

If you need assistance during non-business hours, please text us at (469) 907-5250. This is the same number used for appointment confirmations. Messages are checked periodically after hours.

Important Notes

- Mild soreness, swelling, bruising, and pressure are normal after implant overdenture treatment.
- Your mouth, gums, and implants need time to heal and adapt.
- It is common to experience:
 - Increased saliva
 - Mild speech changes
 - Pressure spots or sore areas
 - Difficulty chewing initially

These symptoms typically improve as you adjust to your new prosthesis.

⚠ Smoking and vaping significantly increase the risk of implant failure and delayed healing.

Immediately Following Surgery

If implants were placed during your procedure:

- Rest for the remainder of the day
- Take prescribed medications as directed
- Begin pain medication before numbness completely wears off
- Apply ice packs:
 - 20 minutes on / 20 minutes off
 - Continue for the first 24 hours
- Sleep with your head elevated for several nights

Bleeding

Minor bleeding or pink saliva may occur during the first 24–48 hours.

To Control Bleeding:

- **Bite gently on gauze if instructed**
- **Avoid excessive spitting or rinsing**
- **Keep your head elevated**

Please contact our office if:

- **Bleeding becomes excessive**
- **Your mouth is rapidly filling with blood**
- **Bleeding does not improve with pressure**

Swelling & Bruising

Swelling and bruising are common after implant surgery and may peak around days 2–3.

To Minimize Swelling:

- **Use ice packs during the first 24 hours**
- **Switch to warm compresses after 24 hours if needed**
- **Avoid strenuous activity**

Bruising around the cheeks or jawline is temporary and usually resolves naturally.

Pain Management

Mild to moderate discomfort is normal after treatment.

Recommended Medications

Unless otherwise directed:

- **Ibuprofen (Advil/Motrin): 600–800mg every 6–8 hours**
- **Tylenol (Acetaminophen): 500–1000mg every 6 hours**

⚠ Do not exceed:

- **3200mg Ibuprofen in 24 hours**
- **3000mg Acetaminophen in 24 hours**

Take medications with food whenever possible.

If prescription pain medication was provided:

- **Take only as directed**
- **Avoid alcohol**

- Do not drive or operate machinery

Wearing Your Snap-In Denture

Your overdenture may feel bulky or tight at first. This is normal.

During the Adjustment Period:

- Practice speaking slowly
- Start with softer foods
- Cut food into smaller pieces
- Chew evenly on both sides

Important:

- Do NOT force the denture into place
- Never bite the denture into position
- Always seat and remove the denture carefully using your hands

Locator Attachments & Retention

Your overdenture uses **Zest Locator attachments** to improve retention and stability.

Over time:

- The retention inserts may wear out
- The denture may feel looser

This is normal and can usually be corrected with a simple replacement of the inserts during maintenance visits and relines of the denture.

Locator FIXED Option (If Applicable)

Some patients may have a **Locator FIXED™** prosthesis.

This option offers:

- Increased stability
- Less movement than traditional snap-in dentures
- A more secure feeling during function

Although more stable, it still requires:

- Excellent home care
- Regular professional maintenance
- Routine hygiene visits

Diet Instructions

A soft diet is recommended during healing and adjustment.

Recommended Foods:

- Yogurt
- Eggs
- Pasta
- Mashed potatoes
- Soft fish
- Oatmeal
- Protein shakes
- Soup (lukewarm)

Avoid:

- Hard foods
- Sticky foods
- Nuts
- Ice
- Tough meats
- Crunchy foods

⚠️ Avoid chewing excessively hard foods during implant healing.

Cleaning Your Overdenture & Implants

Proper hygiene is extremely important for implant health and long-term success.

Daily Cleaning:

- Remove and clean your overdenture daily
- Brush the denture gently with a soft denture brush
- Clean around implant attachments carefully
- Rinse thoroughly before reinserting

Overnight:

Unless instructed otherwise:

- Remove your overdenture while sleeping
- Store it in clean water or denture solution

Oral Hygiene

Continue brushing:

- **Your gums**
- **Tongue**
- **Roof of your mouth**
- **Around implant attachments**

Poor hygiene can lead to:

- **Implant inflammation**
- **Bone loss**
- **Implant failure**

Pressure Spots & Sore Areas

It is very common to develop sore spots during the adjustment period.

Please contact our office if:

- **The denture rubs painfully**
- **You develop ulcers or sore spots**
- **The denture feels unstable**
- **You cannot comfortably wear the prosthesis**

⚠ Do NOT attempt to adjust the denture yourself.

Sinus Lift Instructions (If Applicable)

If a sinus lift was performed, additional precautions are necessary.

DO NOT:

- **Blow your nose forcefully**
- **Use straws**
- **Smoke or vape**
- **Sneeze with your mouth closed**

If you need to sneeze, keep your mouth open.

Long-Term Maintenance

Implant overdentures require routine maintenance over time.

This may include:

- **Replacing locator inserts**
- **Relining the denture**

- **Tightening components**
- **Professional cleanings and implant maintenance**


Regular follow-up visits are essential for long-term success.

When to Contact Our Office

Please call or text us if you experience:

- **Severe pain**
- **Excessive swelling**
- **Heavy bleeding**
- **Fever over 101°F**
- **Loose implants or attachments**
- **Denture fracture**
- **Difficulty wearing the denture**
- **Persistent sore spots**

After-Hours Assistance

 Call or Text: **(469) 907-5250**

We are here to help make your healing and adjustment process as comfortable as possible.