Oral Health Instructions
POI (Post Operative Instructions)

By

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Types of Oral Prostheses and Appliances

- Fixed
- Removable
Fixed Oral Prostheses and Appliances

- Orthodontic appliances
- Space maintainer
- Fixed partial denture
- Periodontal splint
- Implant – supported complete denture
Fixed Orthodontic Appliances
Dental Bridge
Implant Dental
Teeth Crowded
Space Maintainer
Periodontal Splint

Extra-coronal Splint
Fixed Partial Denture
Major Examples of Removable Oral Prostheses and Appliances

- Removable orthodontic appliances
- Removable space maintainer
- Removable partial denture: natural teeth supported or implant supported
- Complete denture
Removable Orthodontic Appliances
Removable Space Maintainer
Removable Partial Denture
Complete Denture
Care of Removable Appliances

• Clean the appliance after each meal and before going to bed

• Brush and rinse teeth and gingival tissue under the appliances at each time the appliance is removed

• Keep appliance in a container with water when it is out of the mouth
Care Procedures of Fixed Partial Denture

- Debris removal
- Plaque removal from abutment teeth
- The prosthesis: gingival surface of the pontics and beneath the connectors should be carefully cleaned. Charter's toothbrushing method is recommended (filaments can be directed under the pontic to clean the gingival surface), using floss threader or tufted floss is important too.
Post Complete Denture Delivery Instructions:

- Patient at the beginning will face different difficulties such as hyper salivation and difficulties in speech (the patient should be told)

- Visit a dentist every 6 months to solve any problem could happened

- Insert and remove the denture in a correct way to avoid any pressure could cause any damage

- Rinse and wash the denture after each meal

- Do not try to correct the denture by yourself
Post Complete Denture Delivery Instructions: (Cont.)

- Go to the dentist if you have any abnormal appearance or feeling in your mouth

- Remove the denture before sleeping and keep it in water or special denture’s solution

- Digest the food in the both side of your complete denture to keep the balance of the denture

- Complete denture or partial denture need to be adjusted from time to time because with aging the jaws will change (bone resorption)

- Wear the denture every day
Post Operative Instructions (POI)
Oral Surgery Clinic
POI within 24 hours after teeth extraction:

- Biting on a sterile gauze for 1/2 hour and replace it when it is necessary.

- Do not spit strongly to not cause any delay in healing or increasing in bleeding

- Avoid drinking or eating any hot thing
If swelling happened at the place of the extraction you should follow the following instructions:

- **First day:** apply cold fomenting on the swelling area one minute then remove it for 20 minutes and then redoing the previous step... and so on for 2 hours.
- **Second day:** do not apply any thing
- **Third day:** apply hot fomenting on the swelling area for one minute then remove it for one minute and redoing the previous action....... and so on for 2 hours.
POI within 24 hours after teeth extraction: (cont.)

• Avoid doing any type of activity, exercise, or carrying any heavy objects

• Do not smoke especially the first day and also for the few days after the extraction

• Take soft, cold and nutrient food within 24 hours of the extraction

• Avoid to eat at the same area of the extraction
POI after 24 hours of the extraction:

• Mouth rinsing (warm water + salt) twice to three times per day for one week.

• Brush and floss your teeth but faraway from the area of extraction especially at the first days of the extraction.

• Do not play or touch the area of extraction by your tongue or by any other object to avoid any delay of healing.

• If there are any complications at the area of extraction you should contact your dentist for a consultation.
Please use these hand signals to communicate with your dentist during your dental procedure. See other side to provide feedback.

- **Stop**
- **I am OK**
- **Pain**
- **Hurts a little**
- **Hurts a lot**
- **I want to talk**
- **Rinse/suction my mouth**
- **I want to scratch my face**
Thank You!