

## **Immediate Dentures – Home Care Instructions**

**Immediate Removable Dentures and Extractions:** If your dentures were placed over new extraction sites (immediate dentures), keep the dentures in for the first 24 hours including overnight. The dentures will act as a compression to help with bleeding and swelling and prevent irritations to the extraction sites. Please follow your surgeon's guidelines after the first 24 hours to leave the denture out as much as possible over the next 4-6 weeks. For proper care of your gums and denture, please refer to Mouth and Denture Hygiene below.

**Looseness:** If you have had teeth removed immediately prior to placement of the denture, it may feel loose, due to mainly to the gum shrinkage that occurs as the gums and bone heal. If you need to use denture adhesive be sure to only place it in the palate area and keep it away from any sutures. Our office will place a soft-liner right away which will help improve the fit. This may need to be done 1-3 times during your healing phase. Complete healing of the gums and the underlying bone takes 12 months with the majority occurring in the first 6 months. Between 3-6 months a permanent hard reline may be placed or a new denture may be fabricated. Denture adhesives may still be required.

The following suggestions are presented to assist you in learning to use and properly care for your new dentures. Most new dentures require a "breaking in" period before they become comfortable. This length of time varies with each individual patient depending upon their ability, determination, and perseverance to learn how to use them. You must first learn to keep them in place, and then gradually start to use them.

### **Mouth and Denture Hygiene:**

**While you have a SOFT-liner in the denture,** it is extremely important to clean your denture with a soft brush and warm soapy water, after each meal. Do **NOT** use toothpaste. Use a soft toothbrush or fingers with warm soapy water to clean soft liner. Food particles that are trapped under the denture can cause inflammation of the gums and sore spots. You should remove your dentures for at least 6 hours daily, usually on retiring at night, to give your tissue rest. During this time, the dentures can be cleansed and placed in a small tub of water to prevent them from drying out, as this may cause warpage, and loss of fit. Most patients will be maintained in a soft-liner for at least the first 3 months of healing time.

**Once you have the final HARD reline,** after completion of initial healing, at least once a week, place dentures in an enzymatic or special cleaning solution to remove those otherwise insoluble stains and proteins.

Because foods will stick to the soft tissues of your mouth, it is also beneficial to brush the roof of your mouth, and your tongue daily. You may also use a small wash cloth to clean and stimulate the tissue under your denture. Massaging and stimulating these tissues will reduce the incidence of inflammation and sore spots.

**Sore Spots:** Soreness from uneven pressure on the gums may develop at any time, and is not unusual, especially if you have not worn a denture before. Sore spots are best corrected if the dentures are worn at least 3-6 hours before returning for an adjustment appointment. This can allow a precise detection of the pressure areas inside the denture which will be corrected by trimming these areas and possibly teeth contacts.

**Eating:** Start with soft foods or those that are easy to chew. Take small bites and chew slowly, trying to overcome the difficulties as they arise. Keep the food distributed evenly on both sides and chew on the back teeth. To bite foods that normally require the front teeth, such as apples or corn on the cob, apply pressure backward against the front when closing. If the denture begins to dislodge, biting with the side teeth may be an easier alternative. More difficult foods that are fibrous (steak), or hard (carrots) will require a gradual learning curve. Initially, it is recommended that you avoid chewing gum or attempt to eat sticky or adhesive foods.

**Speaking and Staying Comfortable:** You may have difficulty speaking for a short period. If this happens, practice by reading aloud in front of a mirror until you are comfortable. You can also try speaking more slowly and quietly. While your mouth gets used to the new denture, it may seem bulky, you may notice increased salivary flow, and your tongue will feel crowded. These sensations should pass with time. An upper denture causes some people to gag. Call us if this continues beyond the initial adjustment period.

**Regular Dental Visits:** While your healing you will be seeing me at 24 hours, 1 week and 1 month post surgical procedures and immediate denture delivery. After complete healing and hard relines of dentures delivered and final adjusted, you will be recommended to recare program. This is for denture cleaning, follow-up and evaluation of dentures (bone loss, and a wearing of the teeth will inevitable occur) and oral cancer screening by the doctor. Careful maintenance of the dentures and the supporting soft tissues is a key to continued success with dentures. Please feel free to contact our office if you have any questions.

**When to call us:** Please call us right away if your denture breaks, cracks, chips, or if a tooth becomes loose, so we can properly repair it. Also, call us if your bite feels uneven, your denture becomes loose, you have sore spots, irritation, swelling, or discomfort, or if you have any questions or concerns. (772) 286-1606.

We know this stage isn't easy. Our compassion and knowledge combined with your commitment and patience will get you through this!