

Care and Instructions for You and Your Immediate Dentures

An immediate denture is a denture that is fabricated prior to and inserted immediately after extraction of your remaining teeth. Using your remaining natural teeth and photos you provide, we make your new immediate dentures as close as we can to your specifications. The fit, appearance, and comfort of such dentures is difficult to predict, however, because we are unable to try them in and fit them completely prior to your extractions. Adjustments will be made during the healing process and tissue conditioners used to make the transition as easy as possible.

After your extractions, there can be discomfort and some pain both from the extractions and possibly from sore spots caused by the immediate denture. If possible, please **DO NOT REMOVE YOUR IMMEDIATE DENTURE FOR 24 HOURS AFTER EXTRACTIONS**. At this time, we will schedule you for your post-op visit and will remove your immediate dentures, making adjustments as necessary. If you remove your denture before this time, there may be additional discomfort due to the exposure of the extraction sites and swelling may occur making it difficult to reinsert the dentures. Please do not be alarmed if this occurs; just bring your dentures with you to your follow-up appointment.

First 24 Hour Care

Leave your Immediate denture(s) in place until your follow-up visit with us.

Avoid rinsing with or drinking hot liquids or alcohol.

Avoid the use of straws, smoking cigarettes or making any other sucking motion (including spitting). This may result in the dislodging of blood clots and the creation of dry sockets. (The nicotine in cigarettes may also retard healing as well!)

Use ice packs (20 minutes on/20 minutes off) to help alleviate pain and swelling. After the first 48 hours, use heat instead.

Only consume liquids or very soft foods.

Do not brush or floss next to the surgical site for at least 24 hours, then gently for the first week.

There may be minimal seepage from your extractions although it may persist for several days. If bleeding persists, please call the number provided by your oral surgeon or dentist. Your Immediate Denture should act like a bandage, however, and help protect your extraction sites.

First Postoperative Week

Be aware that pain may increase for the first 3 to 4 days. Follow your dentist or oral surgeons recommendation for the pain.

Continue to wear your dentures at night for the first 4-7 days after extractions or until swelling reduces.

During this time, remove your denture and rinse after eating.

Also remove your denture **and rinse your mouth 3-4 times during the day with mild saltwater.**

Stay clear of any chewable foods for at least 4-5 days or more on the side of the extractions.

Continue to avoid using straws, smoking cigarettes or using any other sucking motion.

You may need to use a small amount of adhesive (avoid placement near extraction sites) at this time to keep the denture in place. The denture is intentionally loose to accommodate swelling and to avoid suction on the extraction sites.

Call us if you develop sore spots from your denture or if you have any other concerns.

The following 6-8 months post extractions

A lot of changes will occur to your ridges during the six to eight months following your extractions. On average, a person will lose approximately 5 mm of bone during this time. To help accommodate these changes, tissue conditioning or temporary liners are placed inside your denture. Usually, you will receive your first conditioner towards the end of the first week, when healing is progressing well. As changes occur, your denture will begin to loosen and you may feel as if the edges are “digging” in. Sometimes a small amount of adhesive will remedy this, but it may be time for another liner. When your denture becomes uncomfortable, call us and we will schedule you for an adjustment or new liner.

After healing is complete and your ridges have stabilized, the immediate denture will need a definitive reline. This “final” reline replaces all the temporary liner with hard acrylic and allows us to remove excess bulk that was necessary at the time of extractions. You may find that for the first year or two after your extractions, your denture may continue to loosen as your tissues and associated ridge continue to heal and adjust.

Be aware that initially it will be difficult to eat and speak, almost as if you are learning these skills all over again. You may adjust within a couple of weeks or you may find it will take you a little longer. You will be relearning many things, including where the stopping point is when you are chewing. You may find you bite too hard or too soft until you have retrained your muscles. Everyone is different so don't give up!

You may also initially find you have increased salivation, hear different chewing sounds, and may have a gagging tendency. Your denture is something new in your mouth and these should also decrease overtime.

If at any time you have any questions, develop a sore spot, or begin hitting too hard on one side or another, give us a call. There will be a lot of changes occurring and adjustments to your denture will make the procedure more comfortable and easier.