

## SOUTHERN OREGON DENTAL IMMEDIATE DENTURE INSTRUCTIONS

### What Are Immediate Dentures?

1. Dentures that are placed in your mouth immediately after your teeth have been extracted.
2. The shape of your mouth will change quickly for at least one month after the teeth have been extracted. Changes can continue for about 5 months. During this time the dentures can become loose and adjustments will be needed. Therefore, **the patient must be willing to return to their dentist's office for adjustments during this 4-6 month period.**

### What should I expect immediately after surgery?

Keep your head in an upright position. Take your medication and rest. Keep slight pressure on your dentures during the first 4 hours. Cold packs may help to reduce swelling.

**Day One.** Do not remove your dentures during the first 24 hours! There may be some oozing of blood and the dentures will provide pressure to control bleeding and swelling.

Eat soft healthy foods such as mashed potatoes, soups, eggs or cottage cheese. Drink cool liquids. Be careful with hot foods. The plastic part of the dentures may not allow you to feel hot food in some areas of your mouth.

**Day Two.** The dentist will remove your dentures and make any needed adjustments. You will also be shown how to remove and clean them with a brush.

**Continuing for 3-4 more days or until your stitches have been taken out.** Remove your dentures 3-4 times a day and gently rinse your mouth with warm saltwater (1/2 teaspoon salt in 8 ounces of warm water). The dentures should be lightly brushed at the same time, and then placed in your mouth.

### How should I care for my dentures?

- Dentures, like natural teeth, must be kept clean in order to maintain the health of the mouth and keep them odor free.
- Thoroughly brush all surfaces of the dentures inside and out morning and night. A soaking type cleaner may be used in addition to a good brushing. You may brush with the solution designed for dentures. **Never use scouring powders** on your dentures, they will dissolve the denture materials or roughen the surface. If your dentures are going to be left out of your mouth for a long period of time, place them in water.

## Getting used to your dentures

- New dentures may feel uncomfortable for the first few weeks. They may feel loose while the muscles of your cheeks and tongue learn to hold them in place. Saliva may increase. Minor irritation or soreness is not unusual. In addition, you may find that you bite your cheek or tongue when you are learning to use your new dentures.
- **Eating with dentures takes practice and patience!** Start with soft foods cut into small portions. Chewing slowly and using both sides of your mouth at the same time will keep the denture from moving out of place. Other types of foods can be added until you resume your normal diet.
- Speaking with new dentures will also require **practice and patience**. Read out loud and repeat hard words in front of the mirror. Speak slowly to help reduce muffled, blurred or thickened speech. You may even lisp or whistle your “s” when you first try to talk. In addition, your dentures may sometimes slip out of place when you laugh, cough or smile. You can reposition them by gently biting down and swallowing. **These problems will correct themselves over a period of time.**
- Although dentures are made to fit, your dentist may suggest using a denture adhesive while you get used to wearing them. A loose denture makes chewing difficult and may cause irritation, sores or infection in the mouth. While a denture adhesive can temporarily help a loose fitting denture, continual use of adhesives is not a wise idea. If your dentures are loose, have your dentist check them. You may need a temporary reline or a laboratory reline.

## What is a reline and when will my dentures need one?

- A temporary reline (softliner) is done in the office while you wait and is usually done during the healing phase to keep your dentures close and comfortable. This is the process of resurfacing the tissue side of the denture and will be removed at a later date when a laboratory reline is needed. The temporary relines are included in the cost of your denture.
- A laboratory reline depends on how many teeth were removed, your health and many other factors. Most people are ready for a permanent reline in 6-8 months. This procedure requires that you leave your dentures with the dentist for up to 8 hours. A laboratory technician will perform the many steps to remove any temporary relines and fill in the space between your gums and the dentures with the same type of plastic used to make the pink portion of your dentures. **There is an additional charge for this service; this service is not included in the cost of your dentures.**
- Generally a reline will not change the appearance of a denture or how it makes your face appear. A reline also will not make a lower denture fit “tighter”, but it will fit the tissue closer and better.

## Denture Facts

- A lower denture will never be “tight” like an upper denture. The lower denture does not have the “suction” to keep it in place like the upper one does. The lower denture is held in place by the muscles of the lips, tongue, and cheeks. It should not “pop” out of place, but it does not have a tight feeling. A complete lower denture usually takes four to five times longer to master as compared to the upper denture.
- **Learning to wear a denture takes time and patience. Remember your gum tissue changes, your dentures do not. For some patients many visits to their dentist for adjustments may be necessary. It's very important that you visit your dentist yearly for a complete check-up after you have adjusted to wearing dentures.**