



Grayhawk Prosthodontics - Farzam Maleki, B.D.S., M.S.
7930 E. Thompson Peak Pkwy, Ste. 102, Scottsdale, AZ 85255
(480) 538-5270 FAX (480) 538-5271

WHAT TO EXPECT AND HOW TO CARE FOR YOUR NEW IMMEDIATE DENTURES

You Are an Individual

You have new dentures, which will fit and feel different than what you have been used to. As you are adjusting to your new dentures, remember that no two people are the same. Therefore, do not compare your progress in adjusting to the new dentures with another person. What is annoying and painful to some will not be true for others. Some people have an easier time adjusting because they have larger, stronger bone to support their dentures. Disregard comments of others who may say "I never had a bit of trouble with my first denture." Many people tend to forget the problems they had adjusting.

Sore Areas With Dentures

An appointment will be made for you 24 to 48 hours after insertion of your new dentures. Sore areas will develop within this time period and it is important to find and adjust the cause of the sores. Do not attempt to adjust the dentures yourself because they can very easily be made worthless by a do-it-yourself adjustment. The initial two to four weeks after extraction and delivery of your new denture are the most crucial and difficult time to adjust to immediate dentures. This is due to the swelling of the gum tissue and its subsequent shrinkage during the initial healing phase after extractions. It may be necessary to wear denture adhesive during this healing period. If you find it necessary to remove your dentures because of excessive soreness, reinsert the dentures 24 hours preceding your appointment for the adjustment. This will make it possible to see the pressure areas on the tissue and pinpoint accurately where to adjust the dentures. The number of adjustment visits to the office varies widely for each individual.

Speaking With Dentures

Learning to talk with your dentures in place requires practice and perseverance. Reading aloud is a very helpful method of learning to pronounce words distinctly. Practice those words or sounds that seem to give you the most difficulty. It takes time for the tongue to learn the different positions necessary to make good speech sounds with new dentures.

Chewing With Dentures

Learning to chew with new dentures will probably take six to eight weeks. Patience is required to learn to eat with your dentures. At first, limit your diet to soft foods that are easy to chew. Gradually learn to eat foods that are more difficult. Cut food into small pieces. Take small bites and chew slowly, trying to overcome the difficulties as they appear. If possible, learn to chew on both sides of your dentures at the same time. The lower denture rarely has as good retention as the upper. Since the muscles of the cheeks, lips, and tongue will tend to displace your dentures, do not develop the habit of displacing them with these muscles. Rather, train these muscles to assist in keeping your dentures in place. Initially you may not be able to taste food with dentures in compared to previously. This is due to the complete coverage of your palate. Taste will return again.

Increased Saliva

Do not be alarmed at the greater amounts of saliva in your mouth during the first few weeks of wearing your dentures. This condition will correct itself, as you become accustomed to wearing them.

Oral Hygiene With Dentures

Your dentures should be left out of your mouth at least eight of every twenty-four hours to allow the tissues to rest from the pressures placed on them by the dentures. Failure to allow the tissues to rest can result in chronic irritation to the tissues, the development of certain fungal infections and more rapid loss of bone. (Remember that this bone is desperately needed to provide support for the dentures in future years so it must be conserved.)

It is important to clean your dentures and rinse your mouth after every meal. The tissues of the mouth and tongue should be brushed daily with a soft bristle toothbrush. This provides stimulation for increased circulation and removes debris that could cause irritation and offensive odors.

Longevity of Dentures

Following the extraction of teeth, the underlying bone will undergo shrinkage and remodeling. This will make your immediate denture looser as time goes by, making chewing and controlling the denture more difficult. The denture will also appear less retentive. The final remodeling and shrinkage will be complete anywhere from six to twelve months after the loss of teeth; during this period your denture will be lined with soft tissue material to provide you with comfort. This procedure may be repeated several times.

Since the pattern of resorption is difficult to predict at the time of initial fabrication, a new denture may become necessary one year after placement of an immediate denture. Although in most instances, a lab re-base is all that is required. (Please note additional fees will be required.) This procedure requires you to leave the denture with us for a couple of days.

The assumption that dentures will last a lifetime is incorrect. Take into consideration that both the denture and tissues will change over a period of time. It is suggested that your mouth is examined and the fit of your dentures be evaluated by a dentist on a yearly basis.

Changes in your ridges are beyond the control of the dentist and if it becomes necessary to refit or remake your dentures to correct for this change, an additional fee will be charged.

Limitation of Dentures

Do not expect your immediate dentures to function as your natural teeth once did. Dentures only function about 25% as efficiently as natural teeth. Learn to know the limitations of your dentures and adjust your living habits accordingly.

How to Care For Your Dentures

It is important that your dentures be kept clean. Accumulation of food debris around the teeth and under the dentures can result in irritation to the tissue and unpleasant odors. Dentures should be cleaned after every meal by rinsing them thoroughly under running water and rinsing your mouth.

Different commercial denture cleansers are available for cleaning your dentures. It's preferable to use a non-abrasive cleanser, as you do not want to alter the surface of the dentures. If you choose to use a commercial cleanser it is important to closely follow the instructions given with the product. These cleansers are not designed for use in the mouth. Typically, the denture should be soaked in the rinse for a maximum of 15 minutes and rinsed thoroughly before placing the denture back in the mouth. Dentures should only be soaked overnight in clean water.

Post-Op Period

Any follow up appointments or adjustments to your denture will be done at no charge to you for three months from the date of delivery. After this period, office visits will incur an additional charge.

Reline

After extractions, the bone where your teeth used to be starts to shrink. The majority of this will happen within 6 months after the extractions. Gradually over time your denture may become a little loose. It is typical to have a reline of your

denture about 6 months after you receive it to re-fit it to your mouth. Please note that there will be an additional charge for this relining.