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## **What to Expect and How to Care For Your 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. 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.

### **Sore Areas with Dentures:**

Please leave your immediate dentures in place the 1<sup>st</sup> night after your surgery. This is the only time we ask you to wear your dentures in at night. Remove the denture the next morning, clean them and re-insert back in your mouth.

*Expect minor bleeding, which may ooze out of your mouth while sleeping.*

### **Follow-up:**

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 4-6 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.

You may have sutures in your mouth. If they do not dissolve by themselves we will take care of them for you at your subsequent visit.

### **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:**

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.

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.

The lower denture rarely has as good retention. 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 experience change in taste 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 8 of every 24 hours to allow the tissues to rest from the pressures placed on them by the dentures. If you fail to allow the tissues to rest can result in chronic irritation to the tissues, the development of infections and loss of bone.

- It is important to clean your dentures and rinse your mouth after every meal. Be gentle around extraction sites for the first ten days.
- You may soak your dentures in cleanser for a maximum of 30 minutes a day, other times to be soaked in water. Please rinse them thoroughly before placing the denture back in the mouth.
- Remove all adhesive from your mouth and dentures before applying new adhesive.

### **Longevity of Dentures:**

Since the pattern of resorption is difficult to predict at the time of initial fabrication, a new denture may become necessary 6-12 months after placement of an immediate denture. In some instances, a lab re-base (reline; re-fitting) is all that is required. This is usually planned in advance and discussed with you at the start of your treatment, including all necessary charges.

*\*Please be advised that changes in your ridges are beyond the control of the dentist.*

### **Post-Op Period:**

After extractions, the bone where your teeth use to be starts to shrink. The majority of this will happen within the first few months after the extractions making your dentures loose. A soft liner is used during the healing process to reduce pressure on the extraction sites and make wearing the denture more comfortable. This liner will be changed as your mouth changes. If you have had dental implants placed at the time of extractions, we will connect them to the dentures after appropriate amount of healing.

*Please do not hesitate to call us if you are experiencing discomfort or if you have any questions or concerns.*