INSTRUCTIONS FOR IMMEDIATE DENTURES

First 24 hours

Do not remove your immediate dentures during the first 24 hours. The denture will act as a bandage during the initial healing of the surgical area. Take pain medication as directed. Research has shown that it is much better to take pain medication regularly as directed than waiting till ‘you really need it”. It is helpful to apply an ice pack over area for the first few hours on for 20 minutes, off 20 minutes. Normal bleeding may occur during the first 2-3 days. When bleeding occurs clench teeth together for 10 minutes and the pressure from the denture will slow the bleeding. Avoid mouth rinses during the first 24 hours unless prescribed by the dentist, do not spit forcefully.

At the end of 24 hours remove the denture

Mix 1 tbsp. with 8 oz. of warm water and rinse gently to loosen the denture if it is not easily removable. An upper denture comes out most best in a downward and forward direction. Rinse again with no denture in your mouth. After rinsing, clean denture and place it back in your mouth.

Eating during the first week

It is important to maintain a healthy diet during the healing process as well as drinking plenty of clear fluids. During the first 24 hours you will need to eat soft foods that do not require a lot of chewing such as oatmeal and yogurts. On day 2 you can slowly increase the consistency of the food to soft pastas and reamed vegetables. Cut your food small and eat slow adjusting to the new chewing/mashing motion.

Speech

Certain sounds may be hard to pronounce when you first get your dentures. Reading aloud can help train your speech in the first 2-3 days.

Sore spots

The denture will be resting on new tissue; it is common to develop a sore spot. Contact your dentist as soon as you feel your denture is rubbing the tissue. Adjustments and liners are added for comfort in the healing process. Never try to adjust the denture yourself.

Caring for your dentures the first day

After you have removed your denture for the first time rinse it out after every meal or snack then place it back in your mouth. For the first 5 days keep your denture in at all times. Avoid mouth rinses for the first 5 days as well unless prescribed by your dentist. A soft tooth brush, warm water and mild soap should be used to clean your denture at the end of every day.

*Regular dental care is still important*