

# Immediate Dentures

## **What is an Immediate Denture**

An immediate denture is a complete denture or partial denture inserted on the same day as extraction of natural teeth, allowing you to go home with teeth the same day as extractions.

**Home care:** Do not take the denture out until the morning following your extractions. Rinse the denture carefully with water. Carefully put the denture on the counter and gently rinse your mouth using a teaspoon of salt in 8 oz water. Put the denture back in your mouth. Repeat the above procedure for the next 7 mornings. **It is important to leave the denture in as much as possible during the first week following extractions, including at night.**

**Sore spots:** Soreness from pressure on the gums may develop and is not unusual, especially if this is your first time wearing a denture. If you develop a sore spot please call our office so that it may be adjusted for you. Adjustments are expected and necessary as part of the process of wearing your new denture.

**Speaking:** Learning to speak with your new dentures in place requires some patience and perseverance. Reading aloud is a very good way to learn to enunciate distinctly, especially those sounds or words that are not clear. Try to avoid those movements of the lips and tongue that tend to displace the dentures or cause them to click.

**Eating:** Start by eating soft foods that require little to no chewing. Once you feel ready, begin by taking small bites and chew slowly, trying to overcome the difficulties as they arise. Keep the food distributed evenly on both sides and chew on the back teeth. To bite foods that normally require the front teeth, such as apples or corn on the cob, apply pressure backward against the front when closing. If the denture begins to dislodge, biting with the side teeth may be an easier alternative. More difficult foods that are fibrous (steak), hard (carrots) or sticky (bread) will require a gradual learning curve. Initially, it is recommended that you avoid chewing gum or attempt to eat sticky foods.

**Looseness:** When teeth are extracted immediately prior to the placement of your denture, it is normal for the denture to feel loose after the swelling from the extractions has subsided, and as a result of gum shrinkage during healing. Complete healing of the gum tissue and bone takes roughly 3-6 months. Denture adhesives such as Poly-Grip or Sea-Bond may be helpful after the first few weeks of healing, but do not use any denture adhesives until all extraction sites are no longer hurting and tissues return to normal color. After the healing process is complete, a permanent reline may be completed to make your denture more comfortable and secure.

**Mouth and Denture Hygiene:** Clean your dentures with a soft brush and a denture cleaning product or soapy water daily. You should remove your dentures every night while sleeping to give your tissues a rest (unless instructed otherwise/during the first week following extractions). When not wearing your dentures, place them in a small tub of water. This prevents them from drying out which could lead to loss of fit. At least once a week, place them in an enzymatic or special cleaning solution such as Polydent or Efferdent tablets. Never use toothpaste, bleach or mouthwash to clean or soak your denture.