



### **CARE AFTER an IMMEDIATE DENTURE:**

**During your appointment today, you received your immediate denture. You'll be in some discomfort for the next 24 hours. Please do not remove the dentures no matter how much discomfort you're in for the first 24hrs. You may use over the counter pain medication or the prescription you were given\* (not all patients require a pain medication or antibiotics prescription.)**

#### **Until your next appointment:**

1. Leave the dentures in until the morning following your extractions. At that time, after washing your hands, gently remove the denture using both hands.
2. Rinse the denture carefully under cold water. Then brush the denture inside and out using only cold water. Do not use soap, denture cleaners, or toothpaste.
3. Carefully put the denture on the counter and gently rinse your mouth using a teaspoon of salt in 8 oz. of very warm water. Do not spit out, rather, lean over the sink and let the water fall out into the sink.
4. Put the denture back in your mouth. With the denture in place clean any other remaining natural teeth. But remember not to spit out, instead let the rinsed water fall out.
5. Repeat the steps 1-4 each morning and evening for the next 4 days .
6. On the fourth day after your extractions, Clean your denture as before but keep them/it out overnight. (However if you have implants under your dentures leave them in after cleaning). Rinse and scrub them/it as described above. Rinse your mouth again with the warm salt water. Put the denture in a denture cup/container and cover it with clean, cold water. Leave it there while you sleep. After rinsing it again, put it back in your mouth in the morning. Do the warm salt water rinses for at least 10 days twice a day.
7. Continue to follow the dentist's instructions as well and continue taking your regular medications on schedule, unless directed differently by the dentist or your physician.
8. You will need to have a liquid/soft diet for the first few days following the extractions/immediate denture placement (like soups, yogurt, pasta, eggs, potatoes, bananas, smoothies). Gradually begin to eat more solid foods as the first week progresses. Avoid really hard foods (like nuts, carrots, and pretzels) and really chewy foods (like bagels, dried fruit) during the initial healing period. Use a nutritional supplement like Ensure if necessary. Good overall health speeds up the healing process.
9. If you have any sore spots please call 708-383-9099 for an adjustment to the denture.
10. We will want to see you about one week after extractions to check early healing.
11. After that visit, you may begin to use toothpaste or other denture cleaners on your new denture.
12. In the next few months, as your mouth heals, the denture may become loose. You may need to use an adhesive during this healing phase.