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## **IMMEDIATE DENTURE CARE AND EXPECTATIONS**

**Pain and Swelling** – Please leave the immediate dentures in place for 24 hours after your teeth have been removed. The dentures will act as a bandage to protect the extraction sites and to prevent swelling. The dentures will limit the bleeding and swelling with their splinting. Ice packs placed on the face in the extraction areas for 10-15 minute intervals will help minimize the pain. Please follow pain medication instructions as prescribed by your doctor.

**Rinsing** – DO NOT RINSE YOUR MOUTH in the first 24 hours, as this may dislodge the clots in the tooth socket. The result is a dry socket, which can be very painful. This rarely happens but when it does, it is usually the result of smoking. If you feel the need to remove the dentures, remember to rinse them quickly with cold water and reinsert immediately. If you cannot insert the denture, wait for your dentist to help you. Place a towel on your pillow, because it is normal to have some oozing of blood.

**Diet** – In the first 24 hours, your diet should consist of non-carbonated, cold beverages (i.e. ice tea) and soft foods. Progress diet as healing allows.

**Denture and Mouth Care** – *After initial the 24 hours*, use a denture brush that is contoured to clean your denture and an ADA approved denture-cleaning solution. Clean dentures twice a day. **For the 1<sup>st</sup> week** please only remove the dentures to clean them and then place them back in your mouth. Leaving the dentures out for an extended period may result in increased swelling and inability reinsert the dentures. **After 1 week:** Please begin removing your denture at night. Exposure to oxygen is best for your gums. When the denture is out of your mouth, place in water to prevent the acrylic from drying out.

**Bite** – In the first 24 hours, the dentures may not feel right. You may also experience salivation and gagging for the first few days. Your dentist will adjust your denture over the next couple of appointments. Please be patient as you heal. The doctor and his staff will help you adjust to your new prosthesis.

**Healing** – As you are healing, the swelling is reduced, and the extraction sites will begin to close. The dentures may begin to slip or feel big. You may purchase denture adhesive at your local drugstore. Please use as directed. During the initial stages of healing while the extraction sites re open, please do not place denture adhesive over the extraction sites or in the denture area that sits on the extraction sites. Denture adhesive can be irritating to open sockets and may cause infection. You will also need to clean the denture adhesive completely off the denture and your tissue before reapplying. Over the next 3-6 months, you will have many changes in your mouth. Remember the removal of teeth involves bones and bone requires 6 months to completely heal.

**Chewing** – You will learn to chew your food on both sides of your mouth with your dentures. You will learn to master this quickly if you like to eat. There are four major muscles and several minor muscles associated with chewing and they will adapt over time to your prosthesis.

**Speech** – You may notice a lisp or slurring of your speech in the first days of wearing your denture. This is normal and will disappear as you adjust to your denture.

**Remember** – The lower denture is held in place by your tongue and your cheeks. Some patients can master this technique quickly and for others it takes some time. You will never have complete seating of the lower denture because there is no possibility of “suction” like that obtained in the upper denture unless you have implants placed. Immediate Dentures require a relines after 6 months. For some patients with a large amount of bone loss, a small amount of adhesive will always be necessary.