



Immediate Denture Post-Op Instructions

It takes a while to get used to new dentures. The new denture will have to settle into place, the surrounding gum tissues will have to adapt to them, and you will soon learn how to keep them in position.

Remember, if you have medical problems, stress problems, taking medications, or dry mouth; this can lengthen your adjustment time period to the new dentures. Please observe the following instructions as they will aid with your recovery and adjustment period:

- Biting pressure on the denture on the day of your surgery will promote clotting and will decrease the initial flow of blood. Slight bleeding can last up to 2-3 days though.
- Use an ice compress on affected side for 20 minutes on and 20 minutes off for the

first 3-6 hours.

- Limit your diet to soft nurturing foods and plenty of fluids for the first week.
- Don't take the denture out today, but rinse your mouth with warm salt water before going to bed (1 tsp. salt in 1 cup warm water).
- Starting tomorrow, carefully remove the denture twice a day and clean it with a denture brush and a low abrasive denture cleanser or liquid hand soap. Rinse your mouth with warm salt water.
- Sleep with the denture in your mouth for one week unless otherwise instructed. After the first week is over, you should take it out when sleeping in order to relax

the gum tissues.

- Due to the gum shrinkage that occurs within the first 6 months, you may go through periods of a loose fitting denture.
- A temporary liner will be inserted as needed. Denture adhesives can be used during this period also.



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- Following the gum shrinkage period (approximately 6 months) a more permanent reline will be placed.
- You may experience sore spots caused by uneven pressure being applied to the healing gum tissues. We will adjust the denture as these problems occur.
- Avoid biting the denture into place, use your fingers to press it firmly into place.
- Avoid using your tongue to remove your dentures, this will cause instability of the denture and create a bad habit.
- It is advisable to place water in the sink prior to removing the dentures, if it should slip through your fingers it will land in the water, not on the hard basin, which will cause it to fracture.
- Brush your denture often, plaque and bacteria will stick to the denture as it will to natural teeth. It MUST be cleaned. Denture paste, cleaning tablets or liquid hand soap to be used.
- ALWAYS store your denture in water when not wearing it.
- Food will most likely get under the denture when eating, simply clean it when your meal is over.
- Brush your gums gently or rub a piece of gauze over your gums, this will help keep your mouth fresh and clean.
- Don't use alcohol, abrasive cleaners or whiteners as they may scratch the surface of the denture. Harsh products like bleach will turn the pink parts of your denture white. Do not use boiling water, dishwasher or microwave to clean or soak your denture.



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