



## Caring for Your Immediate Dentures

Congratulations on your new Immediate Denture(s). By utilizing the very best know materials, techniques and input from you and our entire dental staff, we have fabricated a superior Immediate Denture(s) for you. We are confident that with proper care and adjustments you will have years of satisfaction from them. Please review the following in order to preserve the integrity of your Immediate Denture(s).

1. Do **NOT** remove your Immediate Denture(s) for the first 24 hours or until instructed. The appliance will help serve as a pressure bandage.
2. While some bleeding is to be expected please see your extraction instructions if bleeding is persistent.
3. Do not eat until the anesthetic wears off and limit yourself to a soft foods diet temporarily until you are more comfortable.
4. Avoid biting excessively hard foods and objects because breakage will occur.
5. Take caution when eating hot foods; your Immediate Denture(s) are desensitized to heat but your exposed tissues are not.
6. The front teeth of your Immediate Denture(s) are for looks only and not biting. Use the posterior (back) teeth for chewing
7. Return to the office as instructed for your post-operative visit.
8. **After 24 hours or as you are instructed** you can begin removing your Immediate Denture(s) for at least 6-8 hours every day particularly while sleeping. Not doing so will destroy your supporting soft tissue and bone, increase your chances of infection and shorten the life of the Immediate Denture(s)
9. Rinse your Immediate Denture(s) thoroughly after each meal.
10. Immediate Dentures will grow bacteria, fungus and yeast if not cleaned properly. Cleanse your appliances thoroughly each day with a brush and non-abrasive toothpaste and let stand in water or denture cleaner when out of your mouth.
11. Brush your gums and tongue with toothpaste each day.
12. Gently rinse with warm salt water to help alleviate discomfort from sore spots that may develop on your gums.
13. Please return to the office for adjustments as needed or instructed; do not adjust the appliance(s) yourself.
14. Your remaining soft tissue and bone will change shape and size with time which will change the way your Immediate Denture(s) fit. Please make us aware of any changes in the fit of your appliance(s); this may indicate the need for adjustments, relines or rebases.
15. Please keep 6 month recare appointments in order to evaluate your oral health and the fit of your Immediate Denture(s).
16. Do not use alcohol, abrasive cleansers, bleaches, whiteners, boiling water, or "do it yourself" repair materials on your Immediate Denture(s). All these items are harmful to the appliances(s).
17. Please call the office if you have an immediate issues or concerns at 919-528-4004.

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