

Immediate Denture Instructions

Davidson Family Dental

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1. During the first week after the denture is placed, the denture should not be removed for more than 5 minutes at a time. If the denture is left out of the mouth for a longer period of time, the tissue may swell to the point the denture will not go back into place. The denture should be removed just long enough to rinse it off and at the same time to gently rinse your mouth with warm salt water. Immediately replace the denture in your mouth.
2. Some bleeding can be expected from under the denture. Gently rinse your mouth with warm water, leaving the denture in place, as often as needed.
3. Sore spots will occur due to changes in the tissue after the denture is placed. After the first week, dentures should be taken out at night (always), for best tissue health. Appointments will be made as needed to relieve soreness. Sometimes several appointments may be needed. If not excessively uncomfortable, continue to wear the dentures until the adjustments can be made. Otherwise, remove dentures and use warm salt-water rinses several times a day.
4. Initial looseness may be experienced. Stability of dentures depends largely on the nature of the supporting tissues, which varies among individuals. Adequate ridges are necessary for maximum stability. Harmonious interaction of dentures with the environment of the mouth requires a few days for the best fit to be achieved.
5. A denture is a substitute for "Nature's Own" and will not be as efficient. One must relearn to chew by practicing with the dentures. It requires some time and patience, like learning to adjust to new glasses.
6. Speech likewise requires some practice. Find a quiet place and practice reading aloud to yourself for a few minutes several times a day.
7. A soft diet is recommended during the first few days to minimize chance of discomfort until need for adjustment can be evaluated and the tissues have had time to adapt to the new demands placed on them.
8. We will be working closely with you to help you adjust to your new dentures. Keep in touch. There is no substitute for communication. Any problem you are having has been experienced before with new dentures and our interest is in serving you.
9. Denture wearers should be examined annually to assure that the mouth is healthy. Soft tissue changes do occur, which can affect the long-term fit of dentures and resistance of the tissue to disease. Minor irritations from dentures may not be particularly bothersome or even noticed at all.

