



IMMEDIATE DENTURE INSTRUCTIONS

- Biting pressure on the denture will promote clotting and will decrease the initial flow of blood. Slight bleeding can last up to 2-3 days.
- Use an ice compress on the affected side for 20 minutes on and 20 minutes off for the first 36 hours.
- Limit your diet to soft, nutritious 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 and 1 cup warm water).
- Starting tomorrow, carefully remove the denture twice a day and clean with a toothbrush and a low abrasive toothpaste or denture cleanser. Gently rinse your mouth with warm salt water or hydrogen peroxide.
- Sleep with the dentures in your mouth for 1 week unless otherwise instructed. Then, you should take them out when sleeping in order to relax the gum tissue.
- 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 may be inserted as needed. Denture adhesives can be used during this period, also.
- Following the gum shrinkage period (approximately 6 months), a more permanent reline will be placed.
- You may experience sore spots caused by the denture being too long or from uneven pressure being applied to the healing gum tissues. We will adjust the denture as these problems occur.
- We will gradually even out the bite over subsequent appointments.

Long Term Care:

- Rinse your appliance or dentures inside and outside after each meal.
- Clean inside and out with a soft (denture) brush and a mild soap before putting them in your mouth in the morning and after taking them out at night.
- Put your appliance or dentures in water with or without denture cleanser at night. Follow cleanser instructions.
- Clean your appliance or dentures over a soft surface or basin of water. This will help avoid breakage if dropped.
- Massage your gums morning and night with a soft brush or cotton gauze.
- See your dentist for any adjustment.
- NEVER use scouring powders or strong detergents. These may damage the dentures.
- NEVER put them in hot water.
- NEVER let them dry out.
- NEVER use adhesives unless advised to do so by your dentist.