

## **Your New Immediate Denture**

*Losing your teeth can be very difficult & challenging, but fortunately Immediate Dentures can be made to ease this transition. No denture will ever function as well as your natural teeth. Learning to wear your new denture will take effort and patience. The first few weeks will be a period of adjustment. We have done our best to give you the most natural looking and best fitting immediate denture. Your continuing care and follow up can assure long term success.*

The purpose of an immediate denture is to prevent you from going months without teeth. It is a transitional denture. The tissue that once held your teeth in place will shrink for 2-6 months and then continue to shrink at a much slower pace. You must accept the shrinkage and instability of fit as part of the immediate denture process. You cannot expect the immediate denture to fit well; they are designed to be a temporary measure and must be relined and adjusted as your bone changes.

### **Daily**

You should take the denture out of your mouth every night and place it in a clean container of water. Your gums need rest and to be without the denture every day for a period of time. *However, you will need to wear the immediate denture constantly for 3-4 days after having your teeth removed. This will help control swelling which normally occurs after tooth removal.*

### **Cleaning Each Day**

Normally your immediate denture will have a soft liner placed to better fit your tissues and help you be more comfortable. Thoroughly rinse the inside of the denture with water. **Do not brush the inside**, as that will damage the soft liner. Brush the outside with a denture brush & toothpaste or denture cleaner. When brushing your denture it is a good idea to put water in the sink and clean your denture over the water. That way if the denture should fall into the sink it will be less likely to break or chip. Remember to clean your tongue and soft tissue in your mouth with a regular toothbrush also.

### **Eating**

Begin by eating a soft diet. Don't try eating steak, fresh apples, corn on the cob or similar foods. Gradually change from soft foods to harder varieties, but avoid sticky foods. It will take time (usually 6-8 weeks) for you to learn the best technique to chew. Dentures are less than 30% as efficient for eating as natural teeth. You will eventually learn to use your denture, but always remember there is a limit.

### **Sore Spots**

You will experience some discomfort with any new denture for a few days. All new dentures need several adjustments to completely and comfortably fit your mouth. Call our office to schedule an appointment for the necessary adjustments, **DO NOT** attempt to grind out or adjust them yourself.

### **Speech**

No one can teach you how to wear your new denture. It may be difficult to talk normally with the new denture for a few days. Your mouth will seem full of saliva and your tongue may feel boxed in. Try reading a book or newspaper out loud for a period of time each day. Your tongue and muscles will get used to the new denture and you will talk normally very soon.

### **Adhesives**

After a period of time, your denture will become loose (your mouth shrinks – the denture doesn't change). Denture adhesives will help keep the dentures in place and aid in eating. However, we suggest that you avoid over the counter "liners" as they can damage your denture. Having Dr. Domres or Dr. Hammer reline your denture will give you the best result. You will usually be without your denture for 1-2 days during the final relining process. If you should break, chip or crack your denture, call our office to schedule an appointment for the repair.