

IMMEDIATE DENTURE HOME CARE INSTRUCTIONS

It is our hope that you are satisfied with your new dentures and with the work you have received. If you are having problems, please call the office at (630) 420-9090.

IMMEDIATELY AFTER INSERTION

- Leave dentures in the mouth for the first 24 hours as they act like a bandage to aid healing— removing them will cause excess swelling preventing the denture from fitting again
- Manage discomfort experienced from the removal of teeth with pain medication and ice packs— removing the denture will not alleviate discomfort
- Major bite adjustments will be completed before leaving the office, additional adjustments will be completed at follow-up appointments as the bite will change with healing

FIRST 24 HOURS

- Do NOT remove the dentures
- Do NOT consume alcohol or hot liquids
- Eat a liquid and soft food diet ONLY
- During your **24-hour follow-up appointment**, pressure spots will be adjusted to improve comfort and function

FIRST WEEK

- Continue eating a soft food diet
- Wear dentures all day and night and only remove them after meals to clean and rinse
- Clean the dentures daily by holding them over a partially filled sink and scrubbing the tissue surface of the denture with cotton gauze, liquid soap, and water
- During your **1 week follow-up appointment**, adjustments will be made— after this time, additional appointments for adjustments can be scheduled as needed by calling the office

GENERAL TIPS

- After the first week, dentures should not be worn at night
- Clean daily with a denture brush and denture toothpaste— do not use regular toothpaste as it is too abrasive
- Once healed, brush your tongue and the roof of your mouth daily with a regular toothbrush
- Always keep the dentures wet when they are out of the mouth

RECALL AND RELINES

- As tissues heal and change, the dentures will gradually become loose and relines will become necessary
- In **6 months**, a check-up will be completed to evaluate the need for a reline
- In **12 months**, a check-up will be completed to evaluate the need for a reline, rebase, or new denture as most of the bone and soft tissue changes have occurred by this time
- Maintenance appointments should be scheduled **yearly**

Immediate dentures provide the advantage of never having to be without teeth (except for relines), however the impressions are not as accurate as with conventional dentures making the bites more difficult to perfect, and relining or remaking the dentures will eventually be necessary. A fee will be charged for these services and you may need to be without your denture for a short period of time.