

ARROWHEAD LAKES DENTISTRY

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THIS INFORMATION IS FOR GENERAL USE ONLY.
YOUR INDIVIDUAL SITUATION MAY VARY.
CONSULT YOUR DENTIST FOR SPECIFIC
RECOMMENDATIONS.

Immediate Dentures

1. The new dentures will act as your dressing to stop the bleeding. Leave the dentures in place for the first 24 hours except to clean the dentures or to apply gauze to stop bleeding. If the dentures are removed for too long of time, swelling of the tissues may prevent the dentures from fitting. If the bleeding continues, remove the dentures, place gauze against the bleeding wound for 30 minutes. Then replace the dentures.
2. Do NOT rinse, spit out, use a straw, smoke a cigarette or do anything that can create pressure inside your mouth for the first day. On the next day or there after, gently rinse your mouth with warm salt water rinse 2 to 3 times per day. Dissolve 1 teaspoon of salt in 8 ounces of very warm water.
3. To keep swelling down to a minimum, place an ice bag on the area -- on 20 minutes and off 20 minutes for six hours. The swelling will peak in 2 to 3 days and then slow resolve.
4. Keep taking nourishment. Begin by eating liquid or soft foods such as soup, milk toast, soft boiled eggs, milk and cream, or well-cooked cereal. As soon as possible, get on solid food. You will feel better, have more strength, less pain, and heal faster if you continue to eat. Be sure to get plenty of liquids.
5. Do NOT smoke for 48 hours. Smoking is the primary cause of painful dry sockets.
6. Rest is necessary to maintain a healthy body, and cannot be over emphasized at this time.
7. If stitches or sutures were placed in the gum, they will be removed here in the office in one week.
8. The numbness from the local anesthetic will last for several hours. Be very careful not to bite or otherwise injure your lip, tongue, or cheek in the meantime.
9. After the numbness wears off, there will be some pain. Take the prescribed medication as directed. Do not take the medication on an empty stomach or nausea may result. If the medication contains a narcotic, be very careful driving or doing any other activity which requires full mental capacity.
10. If you have fever, bodily illness, or excessive bleeding, contact this office at once.
11. **YOUR FIRST FEW WEEKS:** New dentures always feel strange when first placed in your mouth. Several days or even a few weeks will be required for you to feel accustomed to them. As the mouth heals, the gum & bone shrinks which will loosen the dentures. Soft relines may be necessary until all the healing has occurred.
12. **SORE SPOTS:** Usually, your mouth will have a few "sore spots" after wearing the dentures for 24 hours. They can be relieved with very little effort on your next appointment; or give the office a call and we will give you an appointment at a convenient time to adjust the denture.
13. **CHEWING:** The new "bite" or occlusion will not feel comfortable for a period of days. We will adjust the biting surfaces of your teeth during the follow-up visits after the dentures have "settled" in to place.
14. **UPPER VS. LOWER DENTURES:** Your upper denture will rest comfortably in place with moderate to strong "suction". Although your lower denture will have good stability, it is infrequent that "suction" can be expected on a lower denture. We suggest that you use denture adhesives if you have problems.
15. **CLEANING THE DENTURES AND YOUR MOUTH:** Your dentures can be cleaned easily by using a denture brush and a mild toothpaste such as "Complete" by Vick Chemical. Denture soaks are also useful for the denture. Brush your gums with a regular soft toothbrush once per day to toughen and clean them. You may leave the dentures in or out of your mouth at night depending on your preference (after the first 24 hours).
16. **THE FUTURE:** After several months with all healing and shrinking of the tissues, your immediate dentures will need to be relined or in 20% of the cases, new dentures will need to be made. Even after that, your jaw bones and gum shrink up to 1/32 of an inch per year when your teeth are missing. This is one of the main disadvantages of artificial dentures. Because of this shrinkage, you should plan to have your dentures and oral tissues evaluated once per year by us. We will inform you when relining of the dentures is necessary. Wearing ill fitting dentures for too long without refitting can cause severe bone loss and very serious oral diseases.

Please contact our office if you have any questions. Thank you.