

### *Caring for Immediate Dentures*

- Apply cold packs to the areas where your teeth have been extracted. Apply the cold pack for 10 minutes then rest for 10 minutes. Repeat this for over the next 24 hours *only if swelling is present*.
- If you have sutures, be aware that they should be removed 7-10 days after the extraction. If your Dentist uses *dissolvable* sutures, they will fall out in due time (10-15 days).
- Following your extraction(s), *do not* do any heavy exercise or activities requiring prolonged bending downwards.
- The day after your extraction(s), you may rinse your mouth with warm salty water as often as you like, but please rinse gently.
- Take your medications (if any) as prescribed.
- Following your extraction(s), it is advisable to eat soft food. This lessens the pressure exerted on your sockets and allows your gums time to heal. Avoid hot beverages.
- Wear the denture as much as possible and if sore spots develop, contact your Dentist to make an appointment for an adjustment.
- Your speech may sound “unusual” at the beginning. This is normal and will improve as your tongue and muscles get used to the denture.
- You may sometimes feel like gagging. This is also normal and will disappear in a few days.
- You may feel that your mouth is filling with saliva. Once again this is normal and will improve with time.
- After the initial adjustments are made, you must **not** wear the denture at night. This reduces the chance of decay or gum inflammation and allows your gums and teeth to rest and recover from the constant pressure applied during the day.
- At night, after cleaning your denture, leave it in an antiseptic-filled container overnight.
- With time (six months after issue) you may find that your denture is becoming loose. A reline can improve the retention.
- Ensure that you regularly visit your Dentist (once every 12 months) to have your teeth and denture checked and also to have your teeth cleaned and fluoride treated (this helps to strengthen your teeth)

#### *Cleaning your dentures:*

- Rinse and brush your denture under **cold** water. *Use only cold water as hot or warm water can warp your denture.*
- Using a piece of gauze wrapped around your finger, gently rub clean the gums over which the denture sits to remove any germs and debris.
- Rinse your mouth with warm salty water.
- Put the denture back in your mouth as soon as possible.
- Clean your denture in this manner at least twice a day.
- Replace your denture in your mouth.

*Please feel free to contact your Dentist at any stage if you have questions.*