

YOUR IMMEDIATE DENTURE

Congratulations, today we have inserted your new immediate denture(s). We are sure you have lots of questions and there are a few comments that need to be made.

1. You should leave your denture in overnight before removing it for the first time. This helps to keep the swelling down and usually stops the bleeding from the tooth sockets. Taking it out prematurely may result in swelling and bleeding that may make reinsertion impossible or painful. Don't forget, you had surgery today!
2. Remove your denture in the evenings after the second day. This prevents infection and helps to keep the underlying tissues healthy. Rinse with warm salt water (1 tsp salt to 1 glass of warm water) during the first week. Don't forget to keep the denture clean!
3. It is often helpful to use an ice pack on the face during the first 24 hours (20 minutes per hour) to keep the swelling down. Use your medications as directed.
4. Chewing is discouraged for the first few days. A liquid diet and very soft foods are certainly acceptable. Make sure you drink plenty of water and juices so that you don't become dehydrated. Ice cream, yogurt, applesauce, scrambled eggs, oatmeal, mashed potatoes, pasta, soup, jello, pudding, etc. are all great starter foods. Consider the use of carnation Instant Breakfast or canned nutritional drinks as well. Gradually work your way into more solid foods, but don't expect miracles. Many denture wearers are never able to eat tough steak, apples, or corn on the cob.
5. The occlusion (bite) on the denture has not been adjusted and so chewing will be inefficient.
6. The denture will feel very full, especially in the upper anterior region. This is because the dental laboratory which fabricates the denture has to "guess" where to place the denture teeth based on your bite relationship with the models we send them. The bone left from the teeth will start to remodel over the next 3-12 months. Usually more room develops so the denture can be relined and then thinned out so the fullness becomes much less noticeable. Occasionally, the remodeling is so dramatic that an entirely new set of dentures may need to be made.
7. You will notice more saliva in your mouth since your body will think the denture is food. It will take a while for this to diminish.
8. The taste of food will be different since dentures often cover up some of the taste buds.
9. Sore spots are normal. As the tissue remodels, bone spurs and projections will cause sore areas. These need to be adjusted, please call for an appointment. Don't expect them to disappear on their own.
10. Lower dentures always are looser than upper dentures because of tongue actions and the lack of suction. All dentures move and tip as you chew. You will learn how to chew again over the next few weeks. If you are having trouble, we may be able to help if you bring this to our attention.
11. If sutures have been placed, they are usually removed 5-10 days after surgery. An appointment will be made for this removal.
12. Normal settling of the denture will cause sore spots at the edges over the next year and the denture will become more and more loose as the bone changes. A permanent reline will likely be needed in the next 6-12 months. Sometimes we will put in a temporary reline material to get you through the adjustment process. Discoloration of this material is normal over time. Do not attempt to brush or clean the temporary reline! It may be lost from the denture if you do.
13. If you have any questions or problems, you must call us or we can't help you. A little oozing overnight is normal. Your saliva may appear pink for a while and you may have a coppery or salty taste in your mouth. More than a little bleeding is not normal. Blood clots should not ooze over the denture, if it does, CALL!
14. Successful denture wearers have to learn how to wear them and so you must give adequate time to this learning process. You may find yourself lisping for a few weeks as your tongue needs to learn how to make the necessary sounds required for speech against the denture that it used to make against your teeth. Each person's denture(s) are unique to the person. Just because a relative had no trouble with a denture doesn't mean you won't. PLEASE BE PATIENT!