



Care of your mouth following extractions and placement of your dentures

We are pleased to have provided you with your new immediate dentures today. You will experience a normal period of adjustment in getting used to wearing your dentures. To assist you in their maintenance and your health, we have provided the following information:

1. Upon insertion, dentures should be kept in your mouth for 24-48 hours. **DO NOT TAKE THE DENTURES OUT OF YOUR MOUTH FOR ANY REASON.**
2. It is important that you keep your post-operative follow up appointment with either the dentist or the Denturist after the initial 24-48 hours.
3. If you experience significant bleeding, contact the dentist. It is common to have some blood mixed with saliva on the day of extractions. Keeping your denture in place will minimize the bleeding.
4. After the initial 24-48 hour period, it is common for the tissues to shrink and change in size, resulting in a looser fit.
5. After the post-operative appointment, the dentures can be removed after every meal for a good cleaning and reinserted immediately into the mouth.
6. After the first week, dentures should be taken out at night and soaked in a denture cup with a commercial cleaner.
7. Fill the sink with water to avoid accidental breakage, and thoroughly brush the inner surface of the denture as well as the teeth.
8. Do not immerse the denture in bleach or other cleaning agents. Immerse the denture only in the solution recommended by the office such as Nudent, Polident or Efferdent. These solutions are available at your local pharmacy.
9. Do not adjust your dentures with any device such as a metal nail file or sandpaper. Contact the office and we will be happy to make the necessary adjustments. IF you tamper with the denture we may not be able to fix it.
10. Do not chew any sticky foods with your new denture such as toffee and gum.
11. Dentures should be examined each year for fit and to ensure that the tissues are healthy.
12. Your dentures will need temporary liners over the next year due to bone changes (loss and resorption). **Temporary liners ARE NOT INCLUDED in the total fee for immediate dentures.**
13. **DENTURES WILL HAVE TO BE PERMANENTLY RELINED 6 MONTHS TO 1 YEAR AFTER EXTRACTIONS. A PERMANENT RELINE IS AN ADDITIONAL CHARGE AND NOT INCLUDED IN THE TOTAL FEE FOR DENTURES.**
14. Dentures may need to be replaced approximately every five years or relined every 1-3 years depending on the tissue condition and wear of the denture.
15. Overzealous brushing with an abrasive cleansing agent (toothpaste for natural teeth) may alter the fit of the denture. It is customary for the denture to get stained if you smoke, drink red wine or coffee, or eat cranberries or blueberries. Use a cleaning paste specially made for dentures.

If you have any questions or concerns, experience any unusual symptoms, or anything that you feel is out of the ordinary, remember that we are only a phone call away at: (954)316-4444.