



PATIENT INSTRUCTIONS FOR IMMEDIATE DENTURES (Temporary denture)

Wearing dentures for the first time can be an overwhelming experience. We are here to make your transition to dentures as pleasurable as possible. You must leave the dentures in the mouth for 24 hours after they are inserted. Pain experienced as a result of the extraction of teeth will not be alleviated by removing the dentures. If you remove the dentures, swelling may occur and you may be unable to reinsert the dentures. Swelling may be reduced by holding ice packs against the face in the area of the extractions for no longer than 15 min per hour. Also, take medication as prescribed.

The dentures will act as a bandage and help to limit bleeding and to prevent breakdown of the blood clots that form in the tooth sockets. Even a few drops of blood will redden saliva, so don't be surprised by bleeding. Your diet for the first 24 hours should be restricted to liquids or soft foods. Gradually, you can increase the substance of your diet as healing progresses to include additional nutrients.

After the 24 hours, the dentures should be removed for cleaning after meals and at bedtime. Always hold the dentures over the sink partially filled with water. Scrub the tissue surface (underside) of the dentures with cotton gauze, liquid soap, and water. Brush the external surfaces and the teeth of the dentures and, for maximal cleanliness, brush your tongue and the roof of your mouth. Always keep the dentures wet while they are out of the mouth.

Two to five days after insertion, you should begin removing the dentures at night. Removing the dentures allows small blood vessels to enlarge and provide nourishment to the tissues supporting the dentures.

Your bite (the way the upper and lower teeth come together) will be imperfect when you first get your dentures. Although major imperfections will be corrected at the appointments 2 days after insertion, the refined adjustment cannot be accomplished until the swelling has disappeared (7 days).

Care after insertion varies for each patient depending on general health, the number of teeth removed, the difficulty experienced in removing the teeth, and the anatomic form of the remaining ridges and soft tissues. You may be seen 2 days after insertion of the dentures for adjustments of the denture borders and bases in areas where excessive pressure is being applied to the underlying tissues. Additional appointments for adjustment will be scheduled to meet the needs of each patient (Usually 2 weeks later).

As your healing progress is improved, the remaining tissues will continue to shrink and recontour rapidly throughout 6 months. Your dentures gradually will become looser and you might need to use a lot of denture adhesive (Poligrip or Fixodent). If denture adhesive is not helpful anymore, you might consider a denture reline, which will cost you out of pocket. Because impressions for immediate denture are not as accurate as they are with regular dentures, the bite is more difficult to perfect, and relining or remaking the dentures will be necessary.

Your treatment plan should be reevaluated in 3 months to determine needs for additional treatment. Dentist will check your soft and hard tissue to see if you are on the right track for the real dentures. If more than 3 teeth were removed, you are likely to have bone spur or your jawbone ridge will be irregular. Don't worry. This is a common occurrence. If so, plans will need to be made to perform an alveoplasty, which re-contours the ridge of bone that is protruded and sharp in order to take the impression after 3 months later for real dentures. The amount of time a patient must wait before denture making process is 6 months after the teeth have been pulled.

**Best Regards,
Near Me Dental**