

# Immediate Dentures

## POST OPERATIVE INSTRUCTIONS

Immediate dentures are made for patients who still have some teeth, but are about to lose them. Immediate dentures are thus made in advance of the remaining teeth being removed so as to avoid a period without teeth. The denture is thus placed on the same day as these last teeth are removed.

To ensure you heal well and obtain the best function from your new dentures, it is important to adhere to the following post operative instructions once your teeth have been removed and your denture placed.

### INITIAL CARE:

- Be careful not to bite your lip, cheek and tongue while they are still numb from the local anaesthetic.
- Some bleeding will occur from under the denture. If bleeding is excessive then bite firmly on the gauze provided while keeping your denture in place. If it does not stop, then please contact us. (Small amounts of blood in the saliva for the first few days, are considered normal.)
- Do not eat or drink hot foods or drinks for 48 hours.
- Do not remove the dentures for the first 24 hours or swelling will occur and the denture will not go back into place easily.
- You will have your review appointment after 24 hours. If this is not possible, you should remove the denture, clean it in saltwater, rinse your mouth and reposition the denture immediately (within 3-5 minutes).
- After 24 hours, you can rinse regularly with saltwater. For the next 3 days, rinse very gently, and after that, rinse more vigorously. In the first 2 week period, try to do this quickly and only ever have the denture out of your mouth for a maximum of 3-5 minutes.
- Eat only soft foods for the next few weeks while your dentures settle in and you learn to use them.

### CLEANING AND CARE:

As the acrylic of the dentures is fabricated in a water bath, the finished dentures retain some moisture content and hence are susceptible to drying out when not in your mouth. Therefore, it is important that the dentures are kept in a humid environment when not being worn. This can be a zip-lock bag or Tupper Ware container with a drop of water in it, or the dentures can be fully submerged in a container of water. However you achieve it, please keep the dentures moist to ensure they do not dry out, crack or warp.

Your dentures must be cleaned each day with a small-head toothbrush and liquid soap. Do not use toothpaste (which forms a scum) or harsh abrasives (Ajax etc.). Once a week, or more regularly, you may like to use a denture soak solution (such as Polydent or Sterident) to assist to clean your dentures. You should aim to remove your dentures after each meal, and rinse them, and once each day, give them a thorough clean as described above. Do not wear your dentures overnight whilst sleeping, as your gums need a rest too, and saliva must wash over the gums to prevent bacterial or fungal infection.

### WHAT HAPPENS NEXT:

It is normal for 'sore spots' to occur where the denture is rubbing against the gums. Several adjustment appointments may be required as the fit of the denture is refined. Adjustments to the appearance of the denture teeth may also be required because as described previously, your denture was made in advance of the last teeth being removed and so it is not possible to try in and test the denture prior to the day of its actual placement.



**FUTURE CARE:**

Once teeth are removed, the gums will begin to shrink as the jaw bone below begins to re-shape. Most of the changes occur in the first six months after the extractions. During this time, the Immediate Dentures will become less well fitting, and eventually become quite loose. At six months, we will recommend a Reline of the dentures, to improve their fit. This is a separate procedure with its own item code and cost. After this Reline procedure, an "Immediate Denture Wearer" becomes a "Regular Denture Wearer".

To maintain your dentures, you should plan for at least annual reviews to monitor the health of the gums and detect further shrinkage. Early detection will mean that loose dentures can be corrected by further Relining. Late detection will usually necessitate new dentures be made. You should expect your dentures to last 5-7 years on average, including periodic relining.

Should you be concerned about how you are fairing after your appointment, please contact us on (07) 3379 1555.