



INFORMATION CONCERNING AN IMMEDIATE DENTURE

- Biting pressure on the denture will promote clotting and will decrease the initial flow of blood. Some bleeding can last up to 2-3 days, however.
- Use an ice compression pack on the affected side, 20 minutes on and 20 minutes off for the first 24 hours.
- Limit your diet to soft nurturing foods and plenty of fluids for the first week.
- Don't take the denture out today, but rinse your mouth with warm salt water before going to bed.
(1 teaspoon of salt in 1 cup of warm water)
- Starting tomorrow, carefully remove the denture twice a day and clean with a toothbrush and a low abrasive toothpaste or denture cleaners. Rinse your mouth with warm salt water.
- Sleep with the denture in your mouth for one week unless otherwise instructed. After that time, you should take it out when sleeping in order to relax the gum tissues.
- Due to the gum shrinkage that occurs with in the first 6 to 9 months, you may go through periods of a loose fitting denture. A temporary reline will be inserted as needed. Denture adhesives can be used during this period also.
- Following the gum shrinkage period (approximately 6 to 9 months) a more permanent denture will be placed.
- You may experience sore spots caused by the denture being too long or from uneven pressure being applied to the healing gum tissues. We will adjust the denture as these problems occur.
- In case of any questions, please do not hesitate to call our office at 408-377-5134.