



COURTSIDE *Dental*

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Caring for Your Immediate Denture

DO!

- ✓ Take your denture out when you sleep and place it in water. This lets your gums and teeth rest from the pressure of the denture. Hydrating the denture keeps it from drying out and changing shape. Clean before storing with a denture brush.
- ✓ Clean your denture twice a day, morning and evening, or at least before bed. This removes loose food debris, plaque, and some stains. Like mentioned above, do this over a sink filled with warm water or over a towel to prevent breakage in case you drop the denture. Do not use any harsh abrasives like baking soda or toothpaste, and do not soak the denture in mouthwash.
- ✓ Brush and floss any remaining teeth (if applicable) with the denture out of your mouth to help prevent any future cavities.
- ✓ Maintain your yearly recall exam visits to the clinic so we can check your denture and supporting teeth and tissues for any problems. Please call us for an appointment if you develop any soreness or looseness with your denture.

DO NOT!

- x **DO NOT** soak in hot water as the denture may distort. Also, remember that the denture is made of brittle acrylic, so be very careful not to drop or bend it.
- x **DO NOT** try to adjust your dentures by yourself, as you may damage them to an extent where they need total replacement.

For weeks after your extractions and the delivery of your denture/s, you may require follow up appointments to adjust the denture as your mouth heals and the dentures settle in. Due to the fact that the dental laboratory has to estimate the shape of the ridge before the teeth have been extracted, it is not possible to get as accurate a fit as you would with conventional dentures (where teeth are extracted, and after healing has occurred, impressions are taken and the denture is made to fit the healed tissue and bone).

It is normal for the denture to loosen further as your mouth heals and the bony ridges that held your teeth in before shrink and change shape. Most of your changes will occur in the first three months and at this point the ridge will begin to stabilize.

It will take some time to get used to your denture! Eating and speaking will seem awkward at first but with time, you will learn how to use your denture. Each person is different in how fast they adapt.

To get used to the denture/s, YOU MUST WEAR THEM!

Please feel free to contact the office if you have any questions or concerns regarding your new denture/s!

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