

INSTRUCTIONS FOR IMMEDIATE DENTURES

1. Leave dentures in first 24 hours. **DO NOT REMOVE.**
2. Use pain medications as directed, if sore.

AFTER 24 HOURS:

1. Rinse mouth with cold water before removing dentures.
2. Clean dentures by soaking with denture cleaning tablets for 10 minutes. Rinse off well and place back into mouth.
3. Soft diet for first 2 days after extractions.
4. Gradually try harder foods.

NORMAL FEELING OF NEW DENTURES:

TOO FULL

TOO BIG

TOO MUCH SALIVA

OCCASIONAL CHEEK AND TONGUE BITING

(With time and perseverance, you will overcome these)

1. If sore areas develop, remove dentures 10-15 minutes, rinse mouth with warm salt water several times and put dentures back in.
2. For first couple of weeks leave dentures in all the time, even while sleeping. You should take them out 10-15 minutes each day and let them soak in cleaner (use only denture cleaner). Use toothbrush to gently brush your gums and palate daily.
3. If dentures are too loose before you see me or your general dentist, you can use denture adhesive (Fixodent, Super Poli-Grip, etc). Place a small amount in back ridges. **DO NOT** use near extraction sites until gums are healed.
4. **SPEAKING**—go slowly. Practice by reading out loud. Break up difficult words into syllables.
5. **EATING**—Chew slower than normal. Chew by moving jaw up and down, not side-to-side. You will gradually develop normal chewing.