

DENTURE IMMEDIATE AFTERCARE INSTRUCTIONS

DENTURE CARE

Do not remove the denture until the morning following your extractions. When you do, wash your hands thoroughly and carefully remove the denture using both hands. It's best to stand over the sink or counter while doing so, following the instructions listed below.

- Rinse the denture carefully under cold water. Then, using a denture brush and cold water, scrub both the inside and outside. Do not use soap, denture cleaners, or toothpaste.
- Carefully place the denture on the counter. Gently rinse your mouth with a mixture of 1 teaspoon of salt in 8 oz. of very warm water. Avoid spitting forcefully.
- Place the denture back in your mouth. You may also clean any remaining natural teeth as you normally would at this time.
- Repeat the above procedure for the next two mornings.
- On the fourth day after your extractions, remove the denture at bedtime. Rinse and scrub it as described above, then rinse your mouth again with warm salt water. Place the denture in a denture cup or container and cover it with clean, cold water. Leave it there while you sleep. In the morning, rinse the denture again and put it back in your mouth. Continue with the warm saltwater rinses for at least 7-10 days.

DIET

For the first few days following your extractions and immediate denture placement, you will need to follow a liquid or soft diet (such as soups, yogurt, pasta, eggs, potatoes, bananas, and smoothies).

Gradually transition to more solid foods as the first week progresses. During the initial healing period, avoid hard foods (like nuts, carrots, and pretzels) and chewy foods (like bagels and dried fruit).

If needed, consider using a nutritional supplement like Ensure. Maintaining good overall health will help speed up the healing process.

FOLLOW UP

Continue following the Oral Surgeon's instructions and take your regular medications on schedule, unless directed otherwise by the Oral Surgeon or your physician.

If you experience any sore spots, please contact your regular dentist for an adjustment to the denture.

We may want to see you about one week after your extractions to check the early stages of healing. After that visit, you may begin using toothpaste or other denture cleaners on your new denture. As your mouth heals over the next few months, your denture may become loose. You may need to use an adhesive during this healing phase