

Looking after your immediate dentures

Information for patients



This leaflet explains more about how to look after your immediate dentures.

Immediate dentures can be inserted on the same day as the removal of your natural teeth.

The advantage of immediate dentures is that you are not left with spaces or gaps after teeth are removed. There are limitations to these dentures as they are an approximate fit only and it is normal to experience some problems.

After your appointment:

- For the first 24 hours after your extractions, your dentist may advise you to leave your dentures in place
- This is not always recommended so if you are unsure, ask the dentist what to do
- If you are able to, you should sleep with your dentures in for the first night only
- If you are having pain, take the painkillers your dentist advised you to take
- If you are unable to wear the dentures in the first few days, try again once your discomfort eases.

The day after your appointment:

- After 24 hours, remove the dentures. For the upper denture, try to place your finger underneath the edge of the denture and gently pull down. For the lower denture, try to lift it up gently
- Rinse your mouth following these instructions:
 - Fill a cup with hot water
 - Dissolve a level teaspoon of table salt in it
 - Allow the water to cool down until you can use it to rinse your mouth without scalding yourself
 - Take a mouthful, hold it over the socket or wound, gently rinse the area, and spit out
 - Repeat this process after meals but not more than four times a day.
- Clean your dentures by using an ordinary toothbrush and normal soap, or a denture cream and brush.

Practical tips

- To start with, try eating soft foods only then progress to a more 'chewy' diet.
- Try to wear the dentures as much as possible for the first week, removing them after meals to clean them.
- Your dentures should be taken out at night, thoroughly cleaned and left in fresh cold water overnight to stop them drying out.
- When new dentures are fitted, it can be difficult to get used to speaking and eating. This should improve the more you wear the dentures.
- Occasionally sore spots may develop where the denture rubs. You may need to visit your dentist to have adjustments made.
- As time passes you will notice the dentures start to become loose. This is normal. You may find a denture fixative helpful.
- If your denture has loosened, a reline of the denture may be helpful during this period. Speak to your dentist if you think your dentures need to be relined.
- After around 6 – 12 months you may need to have a new set of dentures made.
- It is important to remember that you may experience problems with your new dentures and that this is normal.

If you have any further questions, please speak to a dentist or nurse caring for you.

Contact

If you have any questions or concerns about your immediate dentures, please call your local dental clinic.

