

VI. REGULAR DENTURE CARE

1. As healing takes place, there will be some shrinkage of the gums and bone.
2. As the shrinkage occurs, the doctor may need to add a soft temporary liner inside your denture to maintain contact with your gums.
3. When the most shrinkage has occurred, the immediate denture will need to be relined with a hard, permanent laboratory reline, or a new denture will need to be fabricated. This is on average, after approximately 4 months. Please remember though, that this is individual, and shrinkage occurs over your lifetime. Bone may be maintained in areas where dental implants are involved however. Periodic relines and new dentures can be expected, and the time can vary greatly between people.
4. Your dentures should be removed during sleep to allow complete and unobstructed blood flow to your gums. This will keep soft tissue and bone loss to a minimum.
5. Always keep the dentures in water when you are not wearing them to prevent them from drying and warping. Rinse them, scrub them, and then rinse them again before placing them in water.
6. Once stable, the recommended minimum follow up interval is once per year.

Try to have reasonable expectations about your dentures. With time, practice, and patience, many people learn to eat most foods. There may be some foods which are too hard, sticky, or large to manage with dentures. With the advent of dental implants, there are alternatives however.

INSTRUCTIONS FOR IMMEDIATE DENTURE PATIENTS

I. WHAT ARE IMMEDIATE DENTURES?

Immediate Dentures are placed in your mouth on the day teeth are removed. You will not have to be without teeth. If you were to have a traditional denture made, it would be necessary to have all teeth extracted first, and then a denture could be fabricated. This is a process which takes approximately six weeks. To avoid this we are fabricating you an immediate denture which will be inserted on the day of extractions.

In a sense, an Immediate Denture can be viewed as a bandage after your surgery, in that it covers the wound, and protects the blood clot. It is very important for you to follow the post operative instructions.

II. WHAT ARE THE LIMITATIONS?

Since we are unable to try in the denture prior to extracting the teeth, it is impossible to have a precise final check of the esthetics. The result should be more than satisfactory, but there may be some compromises.

It is important to remember, that with any new prosthesis, there is a learning curve. Your speech and chewing will slowly adapt to your new immediate dentures. Plan on soreness, whether specific or generalized; having to concentrate on saying certain words; and changes in your speech. The best remedy is practice and time.

Once healing has occurred, you will either need a reline of your existing denture, or *the fabrication of an entirely new denture*. If a new one is made, then we will be able to make any esthetic and phonetic changes that you want within the limits of complete denture prosthodontics.

III. INSTRUCTIONS ON THE DAY OF IMMEDIATE DENTURE INSERTION

1. Bring another adult with you, to drive and take you home.
2. Do not plan activities for at least 2 days after the surgery.
3. You will be seen the next day after the surgery.
4. After the dentures are inserted, go home and lie down or sit reclined for the rest of the day. Excessive activity could cause undue swelling and bleeding.

5. There may be slight bleeding up to 48 hours after the surgery. Cover your pillow with a towel.
6. Take any medication as directed.
7. Swelling of the jaw and bruising may occur after surgery. To minimize swelling, apply an ice pack as soon as possible to the affected areas for a 15 minute period. Repeat every 30 minutes and continue for the next 6 hours after surgery. The ice pack is only for the day of surgery unless otherwise directed by your surgeon.
8. Food: liquids and very soft foods only for the first 48 hours. Then progress to a medium diet as you can tolerate.
9. DO NOT REMOVE THE DENTURES UNTIL YOU RETURN FOR YOUR 24 HOUR CHECK UP. The doctor will then remove them and instruct you on their insertion and removal.

IV. DAY AFTER SURGERY

1. At your "24 hour adjustment", the dentist will remove and clean the denture and make any needed adjustments.
2. You may gently rinse your mouth with water, warm saltwater, or diluted mouth wash unless instructed otherwise by your surgeon. Be careful not to disturb blood clots. A tooth brush may be used on any remaining natural teeth if present.

V. DENTURE AND MOUTH CARE AFTER THE 24 HOUR CHECK

1. You may remove the denture and clean your mouth and dentures as often as you wish (after each meal and every morning and evening).
2. Lightly scrub denture with a denture brush and liquid soap. Rinse well and remove all soap.
3. DO NOT USE ANY EFFERVESCENT DENTURE CLEANING SOLUTIONS WHICH MAKE BUBBLES!!!
4. If you feel you need to freshen up the denture, you may use a solution of water and YELLOW Listerine to rinse it. If you want to use anything else, please consult with your doctor.
5. Keep your dentures in at night until surgery areas have healed (approximately 5-7 days).
6. When the extraction sites have healed, keep your dentures out at night for best soft tissue health and bone preservation. Place clean dentures in a cup with water or with water and yellow Listerine.