



Immediate Dentures

Do not expect your new denture to fit perfectly. There will be many changes in the next few weeks and months, such as swelling and shrinking of your gums.

1. Wearing schedule: wear your denture as much as you can, but if it is too uncomfortable, do not force wearing. Do not over wear or else you will get denture sores that will take several days to heal.
2. Expect a tight fit 2 to 3 days after delivery. This is common due to swelling of the gums after extractions. Then expect a looser fit 3 to 7 days afterwards due to shrinking of your gums.
3. Clean your denture with a toothbrush and toothpaste. Rinse with salt water and mouth rinse.
4. Expect sore spots at any area under your denture. These areas will be relieved after a few days once healing of the extraction sites start (usually 3 to 7 days).
5. It is often necessary to relines the inner part of your denture after extractions. This should make the denture fit better. The fee for relines is a separate fee and is not included in the denture fee.
6. It will take time for your jaw, tongue and facial muscles to become accustomed to the denture. Be patient.
7. Do not wear your denture while sleeping, other than the first night. After cleaning the denture, keep it in a container of water. Dentures will distort if left out of the water.
8. You may need several appointments to adjust the denture. Sore spots can occur at any time and the denture may need to be adjusted, to grind down the area.
9. It is normal for the jaw to change (shrink to fit) after the dentures are delivered. Therefore, the bone shrinks away after the teeth are removed. Even though the dentures are made well, over time (weeks, months or years) they will become loose. Ask Dr. Lee or Dr. Dubanski about implants, which can keep your bone from shrinking away and will hold the dentures firm in the month.
10. Eat soft foods, nothing hard or crunchy for the first few days. Soft foods include applesauce, mashed potatoes, soft fish, etc.

Our goal is to provide you with the best that dentistry has to offer and to work with you for excellent oral health. Please do not hesitate to call if you have any questions about your dentures.

Sincerely,

Rocklin Family Dental Group