

CARING FOR YOUR MOUTH AFTER IMMEDIATE DENTURES

LEAVE DENTURES IN FOR A MINIMUM OF 24HOURS

(including at night) before removing for the first time otherwise you may not be able to put them back in due to swelling

DON'T RINSE YOUR MOUTH TODAY

as this may cause excessive bleeding and problems with healing

DON'T SMOKE FOR 24 HOURS

(preferably for a few days) as smoking will cause problems with healing

TAKE IBUPROFEN

(unless allergic) or other painkillers within the first few hours and then regularly as needed over the next few weeks to help with discomfort

AVOID STRENUOUS EXERCISE

as this can exacerbate bleeding and pain

REMOVE DENTURES AFTER FIRST 24 HOURS

and gently rinse your mouth and denture

REMOVE DENTURES AT NIGHT

from Day 2 onwards. Leave in a cup of water to prevent drying out

EAT SOFT FOODS

for the first week, and then as needed depending on discomfort.

USE DENTURE ADHESIVES

such as Polident over the first 6 month period as the denture begins to loosen. Refitting or remaking the denture may be indicated after this time. Some people need to use denture adhesives all the time to hold their dentures in. This is common when the bone has shrunk a lot, and especially for lower dentures.

CALL OUR CLINIC AS NEEDED

if there are problems with the bite, rubbing or any concerns about your healing. We will endeavour to see you as quickly as possible.