



Immediate Dentures

Immediate Dentures can be an overwhelming experience. You have to learn how to eat and talk while using a cumbersome acrylic appliance which is situated against the open wounds of freshly extracted teeth. Not only do immediate denture wearers experience sore spots and painful bone chips but your denture will become loose as your gums heal.

Don't worry! Your Denturist is here to help!

All of this is normal. Many successful denture wearers initially experienced discomfort with their immediate dentures. However, frequent visits to your denturist will alleviate much of this discomfort.

Post-Operative Instructions:

- 1) Try to keep your new denture in continuously for 24 hours after your tooth extractions. This helps control bleeding and swelling. After this time period remove your denture to clean it, rinse out your mouth and then replace your denture.
- 2) Sip on cold beverages or crushed ice the first 24 hours after your extractions. This will help reduce pain and limit swelling.
- 3) Try to keep your dentures in as much as possible for the first week, (taking them out twice daily to clean them). After the first week it is advisable to remove your denture at night. If this is not possible, remove the denture for a few minutes every day to allow your gums to breathe.
- 4) Initially you will have to eat a soft diet. Over time you will work your way up to regular food. You may not be able to eat or may have to adjust the way you eat some foods such as apples, corn on the cob and raw vegetables.
- 5) Book an appointment to see your denturist for any sore spots or problems.

Gum Resorption

As your gums heal they shrink. Therefore, the denture stays the same size and your gums become smaller. The denture will become loose and will cause sore spots. **It is necessary and NORMAL to see your denturist Frequently in the first 3-6 months** to allow your denturist to adjust your denture to fit your gums as they are changing. This is executed through temporary relines appointments which will "tighten" your dentures while your gums are healing. The rate of gum resorption or "shrinkage" is different for everyone and depends on a person's quality of health, medications, diet or genetics. It takes about a year for the gum resorption to subside. **It is advisable that after a year you book for a permanent relin appointment.** At this appointment the denturist will remove the temporary relin material, take a new impression of your gums and re-fit your denture to your gums. In some instances it is necessary to build a new denture after a year if the gum resorption is so extensive that your denture will not function properly.



In some instances immediate dentures are considered temporary dentures.

In the first 3-6 months frequent appointments for adjusting sore spots and temporary relines are Normal.

Temporary relines are only covered by the initial cost for the first 6 months.

A permanent reline is necessary after one year.