



Post-Immediate Dentures

Your first dentures can be an overwhelming experience. You have to learn how to eat and talk while using a cumbersome acrylic appliance. Not only do post-immediate denture wearers experience several sore spots and painful bone chips but your denture will become loose as your gums heal.

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

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

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 dentist Frequently in the first 3-6 months** to allow your dentist to adjust your denture to fit your gums as they are changing. This is executed through temporary reline 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 reline appointment.** At this appointment the dentist will remove the temporary reline 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.

Eating

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.

Book an appointment to see your dentist for any sore spots or problems.

In some instances post-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.