



## INFORMATION CONCERNING AN IMMEDIATE DENTURE

1. Biting pressure on the denture will promote clotting and will decrease the initial flow of blood. Slight bleeding can last up to 2 to 3 days.
2. Use an ice compress on affected side for 20 minutes on and 20 minutes off for the first 36 hours.
3. Limit your diet to soft nurturing foods and plenty of fluids for the first week.
4. Don't take the denture out today, but rinse your mouth with warm salt water before going to bed. 1 tsp. salt in 1 cup warm water.
5. Starting tomorrow, carefully remove the denture twice a day and clean with a toothbrush and a low abrasive toothpaste or denture cleanser. Rinse your mouth with warm salt water.
6. Sleep with the denture in your mouth for one week unless otherwise instructed. Then you should take it out when sleeping in order to relax the gum tissues.
7. Due to the gum shrinkage that occurs within the first 6 months, you may go through periods of a loose fitting denture. A temporary liner will be inserted as needed. Denture adhesives can be used during this period also.
8. Following the gum shrinkage period (approximately 6 months) a more permanent reline will be placed.
9. You may experience sore spots caused by the denture being too long or from uneven pressure being applied to the healing gum tissues. We will adjust the denture as these problems occur.

***Congratulations! You are well on your way to better dental health by electing to have an immediate denture. We are pleased that you are as committed to high quality dentistry as we are and it is our privilege to provide this service for you. Please call us at 860-828-3933 if you have any questions regarding your surgery or healing. At Advanced Dental we care about you and want you to be as comfortable as possible.***