

Looking after your immediate dentures

This leaflet explains how to look after your immediate dentures. Unlike some dentures, immediate dentures can be inserted on the same day as the removal of your natural teeth.

What to do after your appointment

- Your dentist may suggest leaving your dentures in place for the first 24 hours after they have been inserted.
- If you are having pain, take painkillers that the dentist has advised.
- Avoid rinsing your mouth or having any hot drinks for the first 6 hours as they may cause bleeding.
- Some blood in your mouth is normal, but if bleeding continues, bite down on some clean gauze or handkerchief for 30 minutes.
- You should contact the dentist if you have any persistent bleeding, severe pain or swelling.

The following day

- After 24 hours, remove the dentures, for the upper denture, place your finger underneath the denture teeth and gently pull down. For the lower denture, lift up gently.
- Rinse your mouth following the instructions below:
- Fill a glass with hot water and dissolve a level teaspoon of salt in it.
- Allow the water to cool down until you can use it to rinse your mouth without scalding yourself.
- Take a mouthful, hold it over the socket or wound, gently rinse the area and spit out.



- Repeat this process after meals, but not more than four times a day.
- You can also use Corsodyl if told to do so by your dentist.
- Clean the dentures by using an ordinary toothbrush and toothpaste.

Getting used to the dentures

- When new dentures are fitted, it can be difficult to get used to speaking and eating.
- Start by eating soft foods only.
- Wear your dentures as much as possible for the first seven days, just removing them after meals to clean them.
- After seven days, the dentures should be taken out at night, thoroughly cleaned, and left in water overnight, to prevent them from drying out.
- As time passes you will notice the dentures start to become loose. This is due to bone loss because your jaw bone is no longer being simulated by the use of natural teeth.
- This is normal. You may find denture fixative (i.e Polygrip) or relines by a dentist helpful during this period.
- After 8-12 months, you will need a new set of dentures made. If you pay for your dental treatment this will be an additional cost.

If you have any questions or concerns regarding your immediate dentures, please speak to a member of our dental team.