

Immediate Denture Home Care Instructions

- Do not take the denture out until the morning following your extractions (24 hours). At that time, after washing your hands, carefully remove the denture using both hands. Stand over the sink or counter.
- Rinse the denture carefully under cold water. Then scrub both the inside and outside with the denture brush using only cold water. Do not use soap, denture cleaners, or toothpaste.
- Carefully remove both upper and lower dentures and gently rinse your mouth using a teaspoon of salt in 8oz. of warm water. Do not expectorate (spit) forcefully. Put the denture back in your mouth right away following rinsing your mouth and cleaning the denture. Repeat the above procedure for the next two mornings.
- On the fourth day after your extractions, you should take the denture out at bedtime. Rinse and scrub it as described above. Rinse your mouth again with warm salt water. Put the denture in a denture cup/container and cover it with clean, cold water. Leave it there while you sleep. After rinsing it again, put it back in your mouth in the morning. Continue with the warm salt water rinses for at least 7-10 days.
- Continue to follow the doctor's instructions for Post Op as well and continue taking your regular or prescribed medications on schedule, unless directed differently by the doctor. You will need to have a liquid/soft diet for the first few days following the extractions/immediate denture placement (soups, yogurt, pasta, eggs, potatoes, bananas, smoothies). Gradually begin to eat more solid foods as the first week progresses. Avoid really hard foods (nuts, carrots, and pretzels) and chewy foods (bagels, dried fruits) during the initial healing period. Use a nutritional supplement like Ensure if necessary. Good overall health speeds up the healing process.
- If you have any sore spots please call our office for an adjustment to the denture.
- We will want to see you back one week after extractions to check the healing process.
- After that visit, you may begin to use denture cleaners and denture brush on your new denture.
- In the next few months, as your mouth heals, the denture may become loose. You may need to use an adhesive during this healing phase and a complete reline may be necessary after 2-3 months post extractions and placement of immediate denture.

Please call our office at (763)307-8689 if you have questions or concerns