

Home Care Instructions for Immediate Dentures

- Immediately after your teeth are removed (there usually will be sutures), the denture will be placed in your mouth by Dr. Barker. The appliance will act like a bandage and needs to be **left in place for a full 24 hours following your surgery**. You may lightly rinse and use diluted mouthwash. Note that slight bleeding can last 2-3 days.
- Starting the day after surgery, you may remove your denture(s) and gently rinse your mouth. You should rinse with half peroxide and half water and/or plain warm water. Mouthwash should NOT be used. You may brush and floss your remaining teeth (if any). Be gentle around the extraction sites. Clean your denture(s) with a denture brush and cold water only. Do not use soap, denture cleaner or toothpaste.
- During the first week, you should remove the denture(s) and rinse about 3 times a day beginning after the first day. After your one week follow-up visit with Dr. Barker, you will be instructed to remove the denture(s) at bedtime and to place them in a denture tub which will be provided to you. *To prevent drying out, your new denture(s) should always be kept in water (moisture) when removed from the mouth. *Use of a denture cleaner is recommended 1 to 2 times per week.*
- During the first week, limit your diet to soft, nurturing foods and plenty of fluids. *No chewing the first week.* Remember, under the denture is sore healing gum and bone. If you had surgery on the bottom of your foot and put on a pair of shoes, they will look good but it will be difficult to walk in them. Gradually begin to eat slightly more solid foods as the first week progresses. Avoid really hard foods (carrots, nuts, pretzels) and chewy foods (bagels, dried fruit) during the healing period which lasts about 5 weeks. Use a nutritional supplement like Ensure if necessary. Good overall health speeds up the healing process.
- Sore spots are common during the initial healing and will be addressed by Dr. Barker. Please call the office if a spot is bothering you and Dr. Barker will see you before your one week follow-up to relieve these sensitive areas.
- In the next few months, as your mouth heals, the denture may become loose due to shrinkage of the bone and gums. You may use denture adhesive to help your denture feel more stable. This is a normal process that all new denture-wearers must go through. Following the healing period (6 months after surgery) the immediate denture should be relined with a permanent material. Relines will be required every few years after that to account for normal changes to the mouth. Relines are an additional fee.
- Dentures should be removed during sleep to allow better blood circulation, to keep the gums healthy and to minimize bone loss.

**Please call Dr. Barker directly if you have any concerns after office hours:
443-343-2314 Leave name, phone number and a brief message**