

### **Post-ops for Immediate Dentures**

1. Leave immediate dentures in for the first 24 hours and remove the next day. An appointment **may** be required for the next day.
2. If bleeding occurs, remain seated and calm and contact dentist. (9497 4777)
3. The dentist will check the healing sockets, irrigate, clean the wounds and adjust any "sore spots" under sterile conditions.
4. Learning to eat and cope with immediate dentures may take a little time to adjust.
5. A reline or rebase will be required in a few months after the bone and soft tissue has healed.
6. At first, the new teeth may feel strange/bulky and/or loose, especially for a few days after the extractions.
7. Patience, time and a positive attitude will see the initial problems progressively disappear.
8. Food should be cut into small portions, and soft food be nutritional during the healing process.
9. It may take some weeks for the soft tissues to adjust and heal.
10. If continued discomfort and irritation occurs, please contact your dentist who will adjust the denture to provide relief.
11. After every meal clean dentures with a soft toothbrush and hand soap-**not** toothpaste as it is **too** abrasive and will take off the polished shine.
12. Although the denture will retain its shape, the mouth is constantly changing which can make the denture loose. It is important to have regular check-ups and consequent adjustments or relines to maintain optimal oral health.