

### **Patient Instructions - Immediate Dentures**

- Be sure to follow the provided instructions for dental extractions.
- A soft food or liquid diet is recommended for the next few days. Be advised that with new dentures come many adjustments. You will learn quickly to adapt your speech, smile, and eating.
- Do not remove the dentures until the morning following your extractions. At that time, wash your hands and carefully remove the dentures using both hands. Stand over the sink. It is advised to have the sink at least half full of water in case the dentures are dropped. Rinse the dentures carefully under tap water. Do not use soap, denture cleaners, or toothpaste. While the dentures are removed, gently rinse your mouth with warm salt water ( $\frac{1}{2}$  teaspoon salt to one glass of warm water). Place the dentures back in your mouth. Removing the dentures prior to the morning after your appointment or keeping the dentures out for extended periods of time may allow for swelling such that the dentures cannot be reinserted.
- Repeat the above procedure the following morning.
- Return to the office for your follow up appointment as instructed.
- As discussed, many changes will occur as the extraction sites heal. Relines and rebases may be needed in the future, and fabrication of a definitive denture is recommended following complete healing.

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