

IMM DENTURE INSTRUCTIONS

- Do not take the denture out until the morning following your extractions. At that time, after washing your hands, carefully remove the denture using both hands. Stand over the sink 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 put the denture on the counter and gently rinse your mouth using a teaspoon of salt in 8 oz. of very warm water. Do not expectorate forcefully.
- Put the denture back in your mouth. Go ahead and clean any remaining natural teeth as you normally would at this time.
- 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 the 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 Oral Surgeons instructions as well and continue taking your regular medications on schedule, unless directed differently by the Oral Surgeon or your Physician.

- You will need to have a liquid/soft diet for the first few days following the extractions/immediate denture placement (like soups, yogurt, pasta, eggs, potatoes, bananas, smoothies). Gradually begin to eat more solid foods as the first week progresses. Avoid really hard foods (like nuts, carrots, and pretzels) and really chewy foods (like bagels, dried fruit) 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 your regular dentist for an adjustment to the denture.
- We will want to see you about one week after extractions to check early healing.
- After that visit, you may begin to use toothpaste or other denture cleaners 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.

**KENTISH
SMILES**

The gentle touch