

## Looking after your immediate dentures

### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

This leaflet explains what to expect from an immediate denture and how to look after it. Unlike some dentures, an immediate denture is a type of denture which is made for using during the period of time you are healing from your extractions, and can be inserted on the same day as the removal of your natural teeth. Therefore, it could be called a “temporary” denture.

### Leading up to your extractions and fitting of the immediate denture

Depending on the complexity and number of teeth being extracted, you will usually have between 1 and 3 appointments with the dentist to make your denture. There will be gaps between the appointments while the dental laboratory works on each stage of the denture construction.

### The day of your extractions and fitting of the immediate denture

Your tooth/teeth will be removed and bleeding halted before the immediate denture is fitted. The dentist will ensure that you can confidently remove and insert the denture before you go home.

### After your appointment

Please leave your dentures in place for the first 24 hours after they have been inserted following the extractions. Leaving your denture in place during this time will help protect the sockets while they are healing and help prevent bleeding when you get home.

Please sleep with your dentures in **for the first night only**. After the first night they should be removed at night to prevent infections. Dentures should be stored in a secure box in plain water when not in the mouth.

Please follow the instructions contained in our leaflet “Care of the mouth after oral surgery”.

## The day after your appointment

The following day, remove the denture(s). For an upper denture, try to place your finger underneath the denture teeth and gently pull down. For a lower denture, try to lift it up gently.

Continue to follow the instructions contained in our leaflet "Care of the mouth after oral surgery" and clean your denture as described below.

## Cleaning your denture

It is important to keep the denture and your mouth clean to reduce the risk of developing complications.

To clean a denture, partially fill a sink with water to cushion the impact if the denture is dropped, or clean it over a towel. Use a brush and denture toothpaste or soap to clean it. In addition to this, once a day, please soak it in water with a denture cleaning solution for the time recommended by the solution's manufacturer. Remove and rinse your dentures after meals, then reinsert.

If you have natural teeth, ensure you brush your teeth twice a day.

## Getting used to your new immediate dentures

When a new denture is fitted, it can be difficult at first to get used to speaking and eating. To start with, try eating soft foods only, and then progress to a more 'chewy' diet. Practice reading aloud. You may find areas of the denture rub and you may need your denture adjusted to make it more comfortable. Your dentist may want to see you soon after your fitting to check your progress.

As time passes you are likely to notice the denture starts to loosen. This is due to bone being lost in the extraction sites where it is no longer needed to support your teeth. This is normal. You may find denture fixative or relining by a dentist helpful during this period. Speak to your dentist if you find the fit is affecting your ability to wear your denture. The amount of shrinkage and healing time will vary slightly from one person to another. After eight to twelve months, it is likely you will need to have a new denture made due to this bone loss.

## Useful contact

### **Exeter NHS Dental Access Centre**

RD&E Hospital (Heavitree)  
Gladstone Road  
Exeter  
EX1 2ED  
Tel: 01392 405718

### **Barnstaple NHS Dental Access Centre**

Barnstaple Health Centre  
Vicarage Street  
Barnstaple  
EX32 7BH  
Tel: 01271 370562

## **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## **Have your say**

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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