



Peninsula Dental Social Enterprise (PDSE)

Denture care - Immediate dentures

Version 3.0

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Approved by: The Board

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Policy will be updated as required in response to a change in national policy or evidence-based guideline.

Immediate Dentures – Patient Information Card

- You should try and wear your dentures for the **first 24hrs** as much as possible. Try to avoid removing them and replacing them.
- If you take your dentures out during this initial 24 hour period, you may not be able to replace them as your mouth may be swollen after the extractions.
- An appointment will be arranged, (usually for the day after your dentures have been fitted), to check for soreness and to make adjustments if necessary.
- For the rest of the first week you should wear your dentures as much as possible except for brief periods when cleaning after meals.
- The dentures should be rinsed thoroughly with cold water and gently brushed with an ordinary toothbrush using hand soap or washing up liquid and water, **NOT** toothpaste, which is abrasive and may damage the denture
- To ensure your mouth is kept clean and healthy **AFTER** 24 hours, during the first few days of healing following extractions, we recommend that you remove your dentures and rinse your mouth thoroughly with warm salty water mouth rinse, consisting of a teaspoon full of salt dissolved in a glass of warm water at least 4 times per day.
- A further appointment will be arranged approximately 7 days after your dentures are fitted.
- You may continue to wear your dentures day and night for the first month to help your mouth heal. From then on it is preferable to leave them out at night in a container of cold water.
- Continue to rinse and brush your dentures after every meal if possible, using a soft toothbrush, soap and cold water. Soaking in an alkaline proprietary cleaning solution, for example Steradent or Dentural, following the manufacturer's guidance.
- As the shape of your gums alters following extraction of the teeth, the immediate denture will gradually become loose. It will almost certainly be necessary to carry out modifications to the denture and eventually either reline it or provide a replacement.

- In any event you should wait no longer than 6 months before having your mouth and denture checked.