

## Instructions for Extractions

### Immediate Denture Patients

---

#### **Extractions**

1. Do not rinse, spit, smoke, suck on a straw or rinse your mouth vigorously with any liquid for 24 hours. Do not drink any carbonated beverages (cokes, dr. pepper, and sprite).
2. There may be slight oozing of blood for several hours, which is to be expected. It is important that the initial blood clot remain intact: therefor, normal swallowing is best with little or no spitting. Spitting will disrupt the clot. No heavy lifting or exercise should be done the day of your extractions. This could disrupt the blood clotting. Excessive spitting can lead to a dry socket, which is very painful.
3. To control bleeding, bite on gauze for 30 minute intervals until the bleeding stops. If this does not control the bleeding, try biting on a tea bag.
4. Take all antibiotics if prescribed by the dentist. Take pain medication only if needed.
5. Some swelling after extractions is normal. Use an ice pack on the day your teeth were extracted to help control swelling.
6. If you have concerns and cannot reach the dentist, go to the emergency room.

#### **Immediate Dentures**

1. Refer to extractions instructions (above)
2. Any denture or partial made within six months to one year after extractions are considered to be immediate or temporary and will have to be remade or possibly relined as the gums shrink and change. These dentures will not be as effective over time with regard to fit, appearance and function. If a reline or replacement is needed after gums have fully healed, there will be a charge for these services.
3. Keep dentures or partials in place for the first 24 hours and return the following day for scheduled post op check.
4. Sutures, if used, will dissolve in 7-10 days.
5. Good nutrition is important. Please continue to eat a healthy diet, soft foods may be easier when eating with your new dentures.

## **Relines**

You should expect your gums to shrink as healing progresses, making your dentures feel “big” and looser than usual. Relines may be the solution to loose fitting dentures. In most cases, immediate dentures or partials will need to be relined or remade. Temporary lines are usually needed until all shrinkage has taken place. There may be additional fees associated with relines.

## **Beck Dental Care- Dentures**

Today 44 million people wear dentures successfully and they all had to go through an initial period of change, you will as well. In the beginning, you may experience some of the following: A feeling of fullness, a gagging sensation, excessive salivation, difficulty speaking, a need for a soft diet, and possible soreness.

**Speaking-** It will take time for your mouth to adjust to the feel of your new teeth. You may need to practice saying certain words before you feel completely comfortable. You must control the tendency to “tongue-thrust,” this may dislodge your lower denture. At first, try speaking a little slower than usual, and you will soon master the slight adjustment needed to acquire your former speaking ability.

**Eating-** Understand that you cannot bite, tear, or grind food as you did before. Again, it will take you a while to develop the special control of muscles you will need to use your dentures effectively. Your eating habits will change and you will need to select foods that are soft. You may need to cut your food into smaller pieces and chew slower. Chewing foods on both sides of your mouth at the same time will keep your dentures from “flopping” around as much. Also, you should not bite down hard with your front teeth until you are well practiced at it. Try to avoid hot foods and drinks to avoid burns, the dentures will insulate temperature sensations. Using denture adhesive will increase stability.

**Care of your denture-** Dentures should be cleaned daily, food particles will get underneath your dentures, there is no way to prevent it, If you sleep in the dentures, make sure they are clean at night. Keep in mind that the surface of the denture is softer than natural teeth and can be damaged easier. Treat your dentures with care and avoid using abrasive cleaners, such as toothpaste. Denture cleaners are fine; however, the American Dental Association recommends the use of a denture brush or a soft toothbrush. Also brush your gums and tongue without dentures in, they require cleaning and simulations as well. Clean dentures over a sink filled with water to prevent breakage should they fall. It is a personal choice whether or not you remove your dentures at night; however, it is good to let the tissue of denture bearing areas to rest daily. Follow the directions of your dentist and if soreness develops, call the office for adjustments.

**Do NOT use boiling water on your dentures; this could cause the material to warp. Do not use rough household products on your dentures, which can damage the denture surfaces. Do not repair the denture if it breaks.**

Also, be sure to see your dentist regularly for check-ups. Mouth tissue can change and adjustments may need to be made to your dentures to ensure continued proper fit and

good oral health. Remember dentures are permanent; the supporting bone undergoes constant change and shrinkage. This could lead to reduced denture stability, reduced retention, or tissue irritation. Your dentist can determine when you may need a reline. Never use do-it-yourself repair kits on the dentures. This could make it impossible for the dentist to be able to correctly repair the denture.

**Do not become frustrated. The more motivated you are, the sooner you will feel comfortable with your new dentures. With a little practice, you will be speaking and eating with confidence.**

## **General Instructions to Denture Wearers**

New dentures may be a somewhat trying experience for some patients, especially for those who have never worn them before. The dentures will feel strange and bulky and will cause a feeling of fullness of the lips and cheeks. As you become accustomed to the dentures, this feeling will go away and you will feel more comfortable wearing your denture. We want your experience to be as pleasant as possible. Here are some helpful guidelines:

1. It is important to realize that each person's physical, mental, and oral conditions are unique. Thus, one person cannot compare his or her experience with dentures to another person's experience.
2. At first, you may want to wear your dentures all the time, even at night, to adapt to them more quickly. After your dentures become "second nature" to you, it is advisable to take them out at night. It is best to soak them in clean water.
3. You may clean your dentures with a soft brush and water, or with products sold especially to clean dentures, such as Efferdent. Brush the entire denture thoroughly, over a sink filled with water to prevent breakage if dropped.
4. Learning to chew with new dentures takes time. Eating with dentures is different than with natural teeth, so you will have to learn to chew all over again.
  - A. Start with soft foods and gradually introduce the more difficult foods.
  - B. Chew on both sides of your mouth at the same time. (This helps you stabilize your teeth)
  - C. Do not bite into foods with your front teeth; as it may dislodge your dentures.
  - D. Rest your tongue against the back of the front teeth of your lower denture to help hold it in place.
5. Denture adhesives may assist in holding your new dentures in place. Lower dentures "float" on your lower gums; they will not have suction as an upper denture does. Until you learn good tongue and lip control, it may be wise to use adhesives to help hold your lower denture in place. It is completely normal to become frustrated with a lower denture. It will move around your mouth, even out of your mouth until you have mastered it. Wearing dentures takes time, willpower, and patience.
6. You may experience slurred speech, gagging, and excessive salivation, funny or diminished taste as you become accustomed to your new denture. These symptoms usually disappear over time. However, if these symptoms don't improve, please visit the office to discuss your concerns.
7. It is common to feel sore places on your gums after you have worn your new dentures for a while. If you develop a sore spot, rinse with warm salt water and return to the office for an adjustment. Adjustments are free for 60 days; please call for the best time to visit the office to receive an adjustment. Adjustments are an expected part of any new denture; we look forward to serving your specific needs.

8. Replacement dentures are usually needed at least every 5-10 years because the gum tissue constantly changes. By wearing denture for longer than indicated, irreversible damage to the gums can occur. Please visit your dentist at least annually for checkups to assess good oral health.

We are always available to assist you in learning to use your dentures. Please feel comfortable in calling or visiting if you need assistance.