

Looking after your immediate dentures

This leaflet explains more about how to look after your immediate dentures. Unlike some others, immediate dentures can be inserted on the same day as the removal of your natural teeth. If you have any questions, please speak to a dentist or nurse caring for you.

After your appointment

- 1 Your dentist might suggest leaving your dentures in place after the extractions for 24 hours after they have been inserted. This is not always necessary, so if in doubt ask the dentist what to do.
- 2 If told to, you should sleep with your dentures in for the **first night only**. They should then be removed at night to prevent infection.
- 3 If you are having pain, take the painkillers as your dentist advised you to.
- 4 Avoid rinsing your mouth, and hot drinks, for the first 6 hours as they may cause bleeding.
- 5 Some blood in your mouth is normal. If the bleeding is not stopping, bite down on some clean gauze or handkerchief for 30 minutes.
- 6 You should contact the hospital if you have:
 - persistent bleeding
 - severe pain or swelling.

The next day

- 7 After 24 hours, remove the dentures.
For **upper** denture, try to place your finger under the denture teeth and gently pull down.
For **lower** denture, try to lift it up gently.
- 8 Rinse your mouth following these instructions:
 - Fill a glass with hot water.
 - Dissolve a level teaspoon of common salt in it.
 - Let the water cool down until you can use it to rinse your mouth without scalding yourself.
 - Take a mouthful, hold it over the socket or wound, gently rinse the area, and spit out.
 - Repeat this process after meals, not more than 4 times a day.
 - You can also use Corsodyl® if told to do so by your dentist.
- 9 Clean your dentures by using an ordinary toothbrush, and toothpaste or a denture cream.

Getting used to the dentures

- 10 When new dentures are fitted, it can be difficult to get used to speaking and eating.
- 11 To start with, try eating soft foods only, then progress to a more 'chewy' diet.
- 12 Your dentist may want to see you soon after your fitting to check your progress.
- 13 Wear the dentures continuously for the first week, just removing them after meals to clean them.
- 14 After the first week, the dentures should be taken out at night, thoroughly cleaned and left in water overnight to stop them drying out.
- 15 As time passes you will notice the dentures start to become loose. This is due to bone reabsorption/loss because your jaw bone is no longer being stimulated by the use of your natural teeth. This is normal. You may find denture fixative (such as Poligrip®) or relining by a dentist helpful during this time. Speak to your dentist if you think your dentures need relining.
- 16 After 8-12 months you will need to have a new set of dentures made.

Contact us

If you have any questions or concerns about your immediate dentures, please call the hospital switchboard, **tel:** 020 7188 7188 and ask to speak to the department you were treated in.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **web:** www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline, **tel:** 020 7188 8748, Monday to Friday, 9am-5pm, **email:** mymedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **tel:** 020 7188 8801, **email:** pals@gstt.nhs.uk. To make a complaint, contact the complaints department, **tel:** 020 7188 3514, **email:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch, **tel:** 020 7188 8815, **email:** languagesupport@gstt.nhs.uk

NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day, **tel:** 111, **web:** www.111.nhs.uk

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