



After Care Instruction - Immediate Denture

You may rinse your mouth gently with warm water, but **do not remove your denture for 24 hours.**

Try to chew your food on both sides of your mouth at once, not only on one side. Do not try to eat large pieces of food. Start learning how to use your new dentures by eating small bites of soft food. You will not be able to eat steak or sweet corn until you get used to your new teeth.

Brush the denture like you would your own teeth. We will provide you with a denture brush, or you can use your toothbrush.

Do not use denture adhesive until the extraction sites have fully healed.

You will have some sore spots. When you notice a sore spot, try and wear your denture over it for a day or two, then call the office and make an appointment to adjust the denture. Sore spots do not go away without adjusting the denture, but the more defined they are, the less we need to grind on your denture, which allows for a better fit.

It will take 4-6 months to get used to your denture. In that time, the gum tissue and bone will grow into the denture, helping it to fit better. You will need to wear your denture constantly to allow this to happen.

Read a book out loud or talk to a friend to get used to speaking with your dentures in your mouth. You may notice a slight lip or whistle at first, but it will get better with practice.

Dentures are not the same as natural teeth. **It will take time and patience to learn how to use them.**

If you have any questions or concerns, please call us at 319-824-6948 or call or text Dr. Weaver's cell phone at 319-290-7648