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A Guideline to Your First Denture

You need dentures, but are not thrilled at the idea of going without teeth for four to six months while your gums heal?

Relax; immediate dentures are the answer. To guarantee that your denture looks natural and provides maximum comfort, the Dentist will construct your immediate denture before remaining teeth are extracted. The immediate denture is inserted immediately following removal of your remaining teeth.

Immediate dentures offer several advantages:

- They protect the tissues of the mouth, acting similar to a band-aid, promote healing, as well as help your enunciate clearly and chew better.
- They make the transition from your natural teeth to your first denture much smoother.

The Preliminary Impression:

The Dentist starts out by taking a preliminary impression of your gums and teeth and then a final impression to increase the accuracy of the fit and shape of your new denture.

The "Bite":

This is commonly called the measuring appointment. The Dentist uses wax denture bases to find the relationship between the upper and lower jaws.

Wax Try-In:

The try-in appointment consists of a band of wax on which the teeth are placed so that the most aesthetic look is achieved. The Dentist cannot construct your prosthesis while skipping the all-important try-in. This is your chance to discuss your likes or dislikes with the way the Dentist has set your new teeth before it is finished in hard denture acrylic. At this appointment it is very important that you are honest with your Dentist so that any necessary adjustments are made.

The Final Product:

The final denture construction phase is when you return to have your new denture inserted.

Extractions:

The completed denture will be placed after extractions. The immediate denture may feel tight as the process of extraction may cause the gums to swell. An appointment will be set-up for the following day for a post-operative checkup and denture adjustment, if necessary.

1st Week:

The first week should be spent essentially becoming comfortable with your new denture in your mouth. You may notice that it feels odd and very, very different. You may find this is a difficult period, especially

with keeping it in the mouth and with speech. Your tongue must learn to adapt to the placement of the new denture. It is important that you call our office for an adjustment if you develop any sore spots on your gums.

Suture Removal:

After one week, you will be scheduled to have the sutures removed and examined to ensure proper healing. An adjustment to the denture will be made if needed.

After the 1st Week:

Your ability to chew and speak should start getting better after a few weeks. As the gums heal, they will begin to shrink. This will make dentures feel loose. You can use a “cushion grip” denture adhesive to enhance the retention of the denture in your mouth (follow package directions on how to apply it). The dentures will get progressively looser over the next 10-12 weeks.

Adjustments:

Because gums heal over a long period, immediate dentures require more adjustments and temporary liners. Your denture may feel very, very loose. Your Dentist must adjust and relining your prosthesis throughout this period in order to protect your health. It is crucial that you visit your Dentist regularly throughout the healing process. Neglecting to have your immediate dentures adjusted or lined could seriously harm the tissues of your mouth and even lead to surgery in the long run. Make an appointment to have your dentures relined in the office. This will allow them to become more snug. You may need adhesive to keep them in place.

Final Steps:

Once healing has occurred, after approximately four to six (4-6) months, **you will need the fabrications of an entirely new denture.**

When the new denture is to be made, we will then be able to make any esthetic and phonetic changes that you want within the limits of denture prosthodontics. When completed, you will be able to use the immediate denture as a spare (emergency) denture. You may choose to have your immediate denture permanently relined in our denture laboratory. This will come in handy if your new denture should break or need to be repaired at the laboratory.

As soon as you start wearing your new dentures you may notice that they feel different from your old dentures. This feeling is normal. This sensation should subside after a few days of wearing them.

Remember that it is common to return to your Dentist because of a “sore spot.” Sore spots are normal and can be relieved by a few small adjustments. It is important that you do not try to adjust your denture by yourself. You may jeopardize the treatment plan outlined by your Dentist and the fit of your denture.

Only a custom-made prosthesis constructed in accordance with accepted procedures will guarantee your appearance, your comfort and, especially, your health.

Always remember that a beautiful smile one that has been shaped to your mouth by a Dentist.