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Thank you for choosing Duchenne for your Immediate Dentures.

Because we only use premium materials, you can rest assured your dentures will wear well for many years to come.

We recommend the following as a guide to oral care and wearing your new Immediate Dentures.

The First 24 Hours

- Leave your new dentures in your mouth for the first 24 hours as this will help to minimise any inflammation and bleeding that may occur. If the dentures are removed too early they may not fit back in due to swelling, which may take 6-36 hours to subside.
- Please refrain from really hot and cold drinks (out of the fridge) in the first 24 hours, these can slow the healing of your gum tissue.
- Make sure you have adequate pain relief available such as Panadol or Nurofen. This can be taken prior to your extractions to set a base pain tolerance level. Stronger pain relief medication may be prescribed by your dentist.

After 24 Hours

- After 24 hours, take your dentures out after each meal and rinse your mouth with salt water (half a glass of warm water mixed with half a teaspoon of salt) and gargle.
- During the 24-36 hour timeframe, only remove the dentures for 2-3 minutes at a time as swelling can still occur and prevent you from putting the dentures back in your mouth. This will be enough time to clean your dentures and rinse your mouth.
- After 24 hours you can also go back to drinking your normal hot and cold drinks.
- Avoid smoking and drinking alcohol for the first week because this will slow the healing process and infection may occur.
- Fittydent Denture Adhesive* can help to lubricate sore any areas you may have, ask your Clinician about this. Alternatively, Aftamed* oral spray or gel can help to relieve discomfort.

Expectations

- It is important to remember that tooth extractions are essentially a form of surgery. Following surgery, dentures may not initially fit as they were designed and also your bite may not be accurate. This will require adjustment by your clinician as gum tissue settles after surgery.
- Within the first few weeks, the dentures will need to be adjusted as they will rub against the soft gum tissue. Your Clinician will adjust around sore spots and any ulcerations that may occur.
- Eating comfortably with your new dentures can take time and perseverance and can depend on the number of teeth initially extracted.

As time passes, the fit of your dentures can alter, especially with Immediate, Partial and Full Dentures. When a tooth is removed, the gum tissue and bony support shrinks and reshapes itself. This process begins immediately after an extraction and can continue for 12-18 months. This means that your dentures will need to be relined and further costs may be incurred. Please talk to your Clinician about this process and the associated costs and benefits.

If you have any questions please call us as soon possible on 0800 866 8448



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*Products are available to purchase from Duchenne.