

# **RANE'S EXCLUSIVELY YOURS DENTAL**

*A Dental Boutique Just For You!*

## **ALL PHASES OF DENTISTRY ON SITE**

**Children • Adults • Seniors**

**609-275-1777**

**[www.ranesdental.com](http://www.ranesdental.com)**

### **IMMEDIATE DENTURES**

An immediate denture is one whereby the natural teeth are extracted and the denture is placed directly in the mouth, in this way you do not have to without teeth. It may be difficult to eat at first due to the tenderness of the gum tissue, but a soft diet with plenty of fluids will help the healing process. Also rinsing with a mild solution of salt and warm water will help relieve the tenderness and promote healing.

In the first few weeks as your mouth is healing, your gums will be shrinking and as they do your denture will become loose, this is a normal occurrence. After about four weeks of shrinkage with the denture becoming loose sore spots may develop as the denture continues to settle. At this time depending on the amount of healing and shrinkage which has taken place a Temporary Lining will be placed into the denture which will retro-fit your denture to how your mouth has resorbed (shrunk) at this time. This Temporary Lining may have to be replaced from time to time as the tissue continues to shrink. A Temporary Lining fee and adjustment fee may apply. This Temporary Lining should only remain in the denture for 30-60 days at which time it should be checked by your dentist to see if it requires a new lining or any adjustments. The tissue and underlying bone can take up to a year to completely heal. Once your gum tissue has healed your dentures will require the permanent Relining or Rebasing which will tighten the tissue surface of the denture to firm your gum tissue. Once your teeth have been extracted the underlying bone and tissue continues to change over time, so from year to year you should have your denture checked to be sure they are fitting correctly and the underlying tissue is in good health.

### **ABOUT IMMEDIATE DENTURES**

As the name suggests an immediate denture is a denture, which is placed in the mouth, following the extraction of natural teeth. An immediate denture is only a substitute for your natural teeth. It cannot function as well as your own teeth because it is not anchored securely into the bone; however, with patience and a willingness to learn you can overcome many of the obstacles presented by dentures. An immediate denture can be made either to look like your natural teeth or changed to improve your smile. Unfortunately, immediate dentures cannot be tried in before your extractions; you cannot see it in your mouth before it is made. You can however, see it on a stone model.

# **RANE'S EXCLUSIVELY YOURS DENTAL**

*A Dental Boutique Just For You!*

## **ALL PHASES OF DENTISTRY ON SITE**

**Children • Adults • Seniors**

**609-275-1777**

**[www.ranesdental.com](http://www.ranesdental.com)**

## **GETTING USED TO YOUR DENTURES**

### YOUR NEW DENTURES

Learning to wear dentures is like learning to ride a bicycle- practice is necessary, and the younger you are the quicker you will learn. Here are a few tips to make it easier for you to get the best from your new dentures.

1. The lower denture always feels much looser than the upper. Try to hold it down while eating by spreading your tongue at the back.
2. Take two small mouthfuls at first and cut up your food into small pieces so that you don't have to bite with your front teeth until you are used to your dentures.
3. Try to eat with food on both side of your mouth at the same time. Start with eating soft foods (eggs, fish, soft bread) before trying hard foods.
4. Don't worry about your speech being upset. This will correct itself rapidly.
5. You should wear the dentures for the first two or three nights, to help your mouth get used to them. After this, leave them out at night, keeps the gums more healthy. When you leave them out always keep them in cold water. If they get dry they may change their shape.
6. Your dentures will probably cause sore spots during the first few days. If these spots are so painful that you have to leave the dentures out, put them in for three hours or so before your next appointment. We can then see the sore spots.
7. Clean the dentures thoroughly at night by using cold water, liquid soap and a firm toothbrush. Hot water may be harmful.

## **TISSUE CHANGES FOLLOWING YOUR EXTRACTION**

Your gum and bone will shrink after you loose your teeth. The shrinkage although most noticeable in the first six months, will continue for the rest of your life. As your gum and bone shrink, it will be necessary to replace it with hard denture material. If the lost tissue is not replaced with denture material, a space will be created between the tissue and the denture. The space will allow the denture to move freely, which can traumatize the tissue. The result could be rapid bone loss and soft movable tissue, which can lead to chewing impairment. This combination will make it very difficult to stabilize your denture. We recommend that you have your tissue examined and your denture relined annually. Most dental insurance plans provide coverage for relines and examinations.

For good oral health, we recommend that you have your tissue examined and your denture relined annually. Most dental insurance plans provide coverage for relines and examinations