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Instructions after receive immediate denture

- You must leave the dentures in the mouth for 24 hours after they are inserted.
- Swelling may be reduced by holding ice packs against the face area of the extractions for no longer than 15 min/hour. Take medications as prescribed.
- Your diet for the first 24 hours should be restricted to liquids or soft foods.
- Your bite (the way the upper and lower teeth come together) usually will be imperfect when you first get your dentures.
- You should be seen by the dentist 24 hours after insertion of dentures for adjustments of the dentures' borders and relief of the dentures. Another 48 hours appointment could be necessary for additional adjustments.
- After 24 hour appointment, the denture should be removed for cleaning after meals and bedtime.
- Scrub the tissue surface of the dentures (underside) of the dentures with cotton gauze, liquid soap, and water. Brush the external surfaces and the teeth of the dentures, and for maximal cleanliness brush your tongue and roof of your mouth. Always keep the denture wet while they are out of the mouth.
- 2 to 5 days after insertion, you should begin removing the dentures at night.