



Dr. Bruce R. Neumann DDS
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St. Albert Summit Dental Centre
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NEW IMMEDIATE DENTURES

Teeth extracted same day as denture insertion

READ: TOOTH EXTRACTIONS

KEEP your immediate dentures in overnight for the first night.

WHAT TO EXPECT

- The new dentures may feel awkward or your mouth may feel full.
- Your speech may be changed slightly
- As the swelling starts to decrease, your new dentures might feel loose.
- Sore spots may develop
- You might develop sore jaw muscles.
- Bite may feel high

SUGGESTED REMEDIES

- Persevere in wearing the dentures so that you learn and train yourself to speak and eat with the dentures as fast as possible.
- Reading aloud is a great way to overcome changes in speech.
- Eat soft foods. Taking small bites and chewing slowly aid in getting used to the new dentures. Avoid sticky foods.
- When chewing through food with your front teeth, protrude your lower jaw slightly forward before chewing and then bite through the food moving the lower jaw backwards.
- Biting through the food with your side teeth may help to prevent dislodging of the dentures. To chew food on your back teeth, evenly distribute the food on both sides and chew straight vertically.

This form is provided for information and education purposes only.
Please use it for your benefit and contact our office if you have any additional questions.



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NEW IMMEDIATE DENTURES (cont'd)
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SUGGESTED REMEDIES

- As the swelling decreases, your dentures might feel loose. Initially, a denture adhesive can be used to overcome the looseness. If the dentures become very loose, call the office to evaluate if a temporary reline is needed to snug the denture up.
- If sore spots develop, call the dental office to book an appointment to have the pressure spots adjusted. Wear the dentures enough to maintain the sore spots until you return to the office. This allows for more precision in locating and adjusting these pressure spots. Remember sore spots often don't resolve themselves.
- For sore jaw muscles, give yourself a break from wearing your new dentures. However, try and keep this to a minimum and gradually decrease the length of the breaks.
- Patience and perseverance is needed to overcome the awkwardness of a new bite. However, if you find a high spot with the bite, take note of where the spot is and call the office to book an appointment for an adjustment.
- If any of these problems persist, call our office to get it evaluated and treated.

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