

Do not take out the healing dentures until the morning following your extractions.

At that time, carefully remove the dentures. Rinse the denture under cold water, then clean the inside and outside with a denture brush using cold water and a little Dawn dish soap. **Do not use toothpaste for cleaning your denture. Do not soak your denture overnight in a denture cleanser.**

Start your warm salt water mouth rinses by gently rinsing using a 1/2 teaspoon of salt in 8oz of warm water.

Put the denture back in your mouth and clean any remaining natural teeth as you normally would. Leave the denture in until the next morning cleaning.

Repeat the above procedures for the next two days.

On the 4th day following extraction, you should take the denture out at bedtime every night from here on. This includes “snap-in” dentures that are attached to implants. Each night, rinse and clean the denture as described above and rinse your mouth with warm salt water. Put the denture in a denture cup and cover it with clean cold water.

Continue salt water rinses for another 7-10 days.

You will need to be on a liquid/soft diet following your extractions. (soups, yogurts, pasta, eggs, bananas, and smoothies) Avoid foods that are hard or chewy.

If you have any sore spots, contact our office so that we can schedule you in for an adjustment.

Once the extraction sites have healed, a soft liner may be placed to improve fit. Soft liners will be replaced as needed up to once every 6-8 weeks during the first 6-9 months of healing after extractions. After that time, there will be a fee for additional soft liners. Healing dentures with soft liners are not a permanent solution and must be replaced with final dentures.

If you have any questions or concerns, please don't hesitate to call our office: (918)266-6470