****

**FOLLOWING EXTRACTION OF TEETH AND FITTING OF DENTURE**

The most important thing to do is to keep the denture in during the day and during the night for the first two weeks.

Only take the dentures out for cleaning after having a meal. As soon as the dentures have been cleaned and the mouth rinsed, reinsert the denture immediately.

The reason for keeping the dentures in 24 hours a day is that the gum, where the teeth have been extracted, will swell and if the denture is not worn the swelling will be such that the denture will be impossible to reinsert. In these circumstances the denture would not be able to be reinserted and worn.

The dentures can be cleaned with liquid soap (washing up liquid) and a medium toothbrush. It is advisable to use a denture cleaning tablet such as Steredent once a day for 20 minutes in lukewarm water. Alternatively, very dilute Milton (1:20) can be used once a day for 20 minutes in cold water.

**If you experience any difficulties at all please do not hesitate to call on: 01995 606091**