HOW TO FIND US
Cleobury Dental Practice is situated in the historic town of Cleobury Mortimer and can be found adjacent to the police station in Talbot Square, which is directly off Childe Road.

There is free parking available at the car park in Talbot Square, which is adjacent to the practice.

opening hours
Monday 9am- 5pm
Tuesday 9am- 5pm
Wednesday 9am- 5pm
Thursday 9am- 5pm
Friday 9am- 2pm

Private appointments available until 6pm and on Saturday mornings by prior agreement.
The practice closes between 1 & 2pm Monday to Thursday.

LOOKING AFTER YOUR IMMEDIATE DENTURES

After your appointment:

- Do not remove your dentures for the first 24 hours after they have been inserted. This includes sleeping with your dentures inserted. Removing them may cause swelling of your gums and you may not be able to re-insert your dentures.
- Take painkillers as advised by your dentist.
- Avoid spitting and rinsing your mouth for the first 24 hours after having your teeth extracted.
- Some blood in your mouth is normal. If bleeding persists, bite down on a clean handkerchief or gauze for 15 minutes.
- Contact the practice, or out of hours service, if the bleeding still persists.

After 24 hours:

- Remove your dentures and rinse your mouth with warm salty water. Repeat up to 4 times a day.

Your dentist will usually book a review appointment 24-48 hours after the dentures are fitted. Here, they may adjust your dentures to make them more comfortable.

GETTING USED TO YOUR IMMEDIATE DENTURES

Initially, try eating soft foods only and gradually move onto more chewy foods.

Try and wear your dentures as much as you can in the first week, including overnight.

After the first week, take the dentures out and leave in a bowl of water overnight.

As the denture loosens while your gums heal, you may need to use a fixative (e.g. Poligrip) or speak to your dentist about a ‘rel ine’ of your dentures.

After 3-6 months, your dentist may recommend a new set of dentures or other definitive replacements for your missing teeth.

Any Questions? Please contact the practice and we will be happy to help you.

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WHAT ARE IMMEDIATE DENTURES?
An immediate denture is a denture which is designed to replace a tooth/teeth 'immediately' after they have been taken out (extracted).

The immediate denture could be a 'partial' denture, if only a few teeth are to be extracted, or a 'complete' denture, which replaces all your teeth in that arch (upper or lower).

WHAT ARE THE ADVANTAGES OF IMMEDIATE DENTURES?
The main advantage is that your tooth (or teeth) are replaced on the same day they are taken out. Therefore you are not left with a gap in your smile or without teeth to chew with. They promote better healing of your gums after extraction. Immediate dentures also maintain support of your lip and cheeks, and can stop speech from being affected by being left with a gap.

WHAT ARE THE DISADVANTAGES OF IMMEDIATE DENTURES?
After tooth extraction, the gum and bone will heal and shrink, which can take up to 6 months to complete. An immediate denture is designed to replace your teeth during this healing period. It is therefore considered an intermediate solution to replacing missing teeth, and not a permanent solution.

As the gum and bone heal, this will cause the fit of the immediate denture to loosen. This can be helped with the use of fixatives (e.g. Poligrip) or the dentist may be able to 'reline' the denture to produce a tighter fit as the tissues change shape over time.

During the healing period, you are likely to have to return to your dentist to have adjustments made to the denture.

As with all dentures, they can be initially difficult to get used to, they may feel bulky and may impact your speech and chewing during this time.

They are also a removable device; therefore, they must be taken out and cleaned. The dentist will inform you after examining your mouth and looking at the X-ray and, which approach is most suitable. Sometimes, the tooth may awkwardly fracture when attempting a simple extraction, and in this case the dentist might need to progress to a sectional or surgical extraction to remove it.

WHAT ABOUT AFTER THE GUMS HAVE HEALED?
The healing usually takes up to 3-6 months to complete. After this period, there is minimal change to the shape of your gums and bone.

Once 3-6 months have passed, your dentist may consider making a new, definitive denture designed to fit the now healed soft tissues. This will produce a better fitting, and longer lasting replacement for your missing teeth.

Other options for missing teeth include:
- Do nothing (leave the spaces as they are)
- Bridges
- Implants

Some of these options may not be suitable for your mouth and your dentist can advise you which options are available to you.