



Immediate Denture  
After Care Instructions  
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# A1 DENTAL SERVICES

## Immediate Denture After Care Instructions:

- **Immediately after** your teeth are removed, the denture will be placed in your mouth by the dentist. The appliance will act like a bandage to the affected areas, and needs to be left in place for a full 48 hours after your surgery. **Do not smoke.** To control pain, take 3 x 200 mg ibuprofen and 2 x 500 mg acetaminophen TOGETHER every 6 hours. Substitute prescription pain medicine for acetaminophen if needed for additional pain relief. To control facial swelling and bruising, use an ice compress to the affected side(s) for 20 minutes on and 20 minutes off for the first 24 hours. Gentle biting pressure on the denture is good: it will promote clotting and will decrease the initial flow of blood. Slight bleeding can last 2-3 days.
- **Starting the day after surgery** leave the denture IN, but rinse your mouth with warm salt water before going to bed (1 teaspoon salt in 1 cup water).
- **Two days AFTER your surgery,** carefully remove the denture twice a day and clean with a denture brush and cleanser. Rinse your mouth with warm water. We recommend being in the office the first time your denture is removed. Swelling can make the re-insertion difficult and may need to be altered to get it back in.
- **During the first week(s) after surgery,** limit your diet to soft, nurturing foods and plenty of fluids. Listen carefully to your body. It will tell you if something is too hard for you to bite. Sleep with the denture in your mouth for the first week unless otherwise instructed by your dentist. After the initial week, sleep with the dentures out and soak them in water overnight. Sore spots are common during this stage and should be addressed by the dentist, who will adjust the denture to relieve these sensitive areas. Do not drink anything through a straw for 2 full weeks after your surgery.
- **During the following months after surgery,** you will experience gum shrinkage and go through periods of a loose-fitting denture. We can re-fit the denture with a healing liner at an extra charge or you can use *Cushion Grip*, a great product for filling in large gaps, sold at Walmart. **This is a normal process that all new denture-wearers must go through.** Following the healing period (6 months) a reline can be performed to remove all temporary liners and to make the denture fit properly. Relines will be required every 2 years after that to account for normal changes to the mouth.