

## Immediate Denture Aftercare Instructions

- First 24 hours of healing are a priority. Wear dentures as much as possible for the first 2 days, and sleep in them for the first 2 nights. This will help keep any possible swelling down. If you take them out, there is a possibility that swelling would occur, preventing you from putting them back into your mouth for up to a week or longer. Dentures act like bandages to extraction sites.
- On the day of extractions, make sure you are not spitting. The more spitting, the more bleeding. While wearing your denture, please equal amount of gauze on either side of the mouth, bite and keep firm pressure on the gauze on order to build-up suction, so the dentures stay in place.
- No Smoking, spitting, using straws, and NO rinsing for the first 24 hours.
- After 24 hours, you can take out your dentures, and begin warm salt water rinses, at least 2-3 times a day. It will help with the healing process, and if you are sore, it will instantly soothe the area.
- After the first 2 days, take your dentures out at night, to allow your gums to “breathe”. If you didn’t it would be like wearing your shoes all day and night. Your gums need air to be healthy tissue. When your dentures are not in your mouth, make sure you keep them moist. If your dentures are left for too long without moisture, they could become brittle and break easily.
- In case of excessive bleeding after extractions, take dentures out, and dip gauze in warm salt water and bite on the gauze. Keep pressure for about 30-45 minutes, until bleeding stops, or you can bite on a moistened tea bag.
- If you experience any sore spots under your dentures, call to make an appointment to see us, and we will do adjustments to help with the discomfort.
- In the first few weeks, bone spurs are common to appear after extractions. It’s normal, and we can help with that.
- Gently clean dentures after meals. Use a non-abrasive cleaner, such as denture tablets, or antibacterial hand soap and a soft toothbrush.
- If you have pet dogs at home, do not leave your dentures unattended. Your dog will chew your teeth up, if given the chance.