MODERN DENTAL CONCEPTS

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Home Care for Your Immediate Denture

Your new denture was placed right after your teeth were removed. For the first days it works like a bandage: it protects the sockets and helps control bleeding and swelling. Your gums change shape as they heal, so the denture will need adjustments along the way. If anything worries you, call us at **(330) 847-0676**.

The first 24 hours

- **Leave the denture in for the first 24 hours, even while you sleep,** unless we tell you otherwise. Your gums will swell, and if you take it out too soon, it may not go back in.
- Some oozing of blood is normal for the first 2 to 3 days. If it bleeds more, close your teeth together on the denture firmly for 10 minutes. Don't clench and release; that can make it bleed more.
- Ice your cheeks 20 minutes on, 20 minutes off, for the first 24 to 48 hours. Sleep with your head raised the first night.
- Bruising of your face or gums can appear. It fades within a few days.
- No straws, no spitting, and no smoking or vaping for at least 3 days. They pull out the blood clots that heal the sockets.

Pain

- Take your first dose before the numbness wears off.
- Unless Dr. Singh prescribed something else, take **ibuprofen 600 mg** (Advil, Motrin) together with **acetaminophen 500 mg** (Tylenol) every 6 to 8 hours as needed. The ADA recommends this combination as the first choice for pain after dental treatment.
- In some cases Dr. Singh prescribes Tylenol with codeine (Tylenol #3). Take it exactly as prescribed. It already contains acetaminophen, so don't take extra Tylenol with it, and don't drive or drink alcohol while you take it.
- Don't take ibuprofen if a doctor has told you not to (for example, because of stomach ulcers, kidney disease or a blood thinner); call us and we'll tell you what to take instead. Avoid aspirin unless your doctor prescribed it: it can increase bleeding.

Eating and drinking

- Wait until the numbness is gone, so you don't bite your cheek or tongue.
- First day: soft, cool foods (yogurt, applesauce, scrambled eggs, mashed potatoes, soup that isn't hot). No hot drinks for 24 hours.
- Then add firmer foods a little at a time. Cut food into small pieces and chew slowly, using both sides of your mouth at the same time; this keeps the denture steady.
- Avoid sticky foods, gum and hard, crunchy foods (chips, popcorn, nuts) for at least a week.
- No alcohol for 24 hours, or while you take prescription pain medicine.

Your follow-up visit

- Keep the follow-up visit we schedule before you leave. We take the denture out, check how you are healing and adjust any spots that press.

After the first 24 hours: cleaning

- Take the denture out after meals, rinse it, and put it back in. Hold it over a folded towel or a sink with some water in it, so it doesn't break if you drop it.

- Brush the denture gently with a soft brush and denture cleanser or mild dish soap. Don't use regular toothpaste; it scratches the surface. If we added a soft lining, don't use denture cleanser on it unless we tell you it is safe.
- Rinse your mouth gently with warm salt water (1/2 teaspoon of salt in 8 oz of water) after meals and at bedtime for a week. Let it fall out of your mouth; don't spit. Use salt water, not mouthwash, for the first 5 days unless we prescribe a mouthwash.

At night

- After your follow-up visit, take the denture out at night so your gums can rest, unless we tell you otherwise. Keep it in water or a denture soaking solution so it doesn't dry out.

As your gums heal

- Your gums shrink most in the first 6 to 12 months, so the denture will feel looser. That is expected. We adjust it, and we may add a temporary soft lining.
- When healing is done, the denture needs a permanent reline, or a new denture is made.
- **Sore spots** are common and easy to fix. Call us for an adjustment. Don't file or adjust the denture yourself. If a spot is very sore, you can leave the denture out, but wear it for a few hours before your visit so we can see where it rubs.
- For everyday wear and cleaning once you have healed, see our **Home Care for Your Dentures** sheet.

Call us at (330) 847-0676 if you have:

- Bleeding that won't stop after 10 minutes of firm pressure
- Pain that gets worse instead of better after day 2 to 4
- Swelling that keeps growing after day 3, pus, or a fever over 100.4 °F
- Soreness in one spot that keeps getting worse
- A denture that cracks, breaks or won't stay in place. Don't glue or repair it yourself.
- A rash, hives or itching after a medicine (stop taking it and call)

Call 911 or go to the emergency room for trouble breathing or swallowing, or swelling that spreads to the eye or neck.

After hours: call (330) 847–0676 and choose the option to talk to the doctor.

Based on: University of Michigan Medicine, Immediate Dentures patient instructions; NHS Lothian, Looking after your immediate dentures (2023); American College of Prosthodontists, guidelines for the care and maintenance of complete dentures (2011); American Dental Association, guideline on acute dental pain management (2024). Modern Dental Concepts, updated November 2026.