



Denture and Extraction Aftercare Guide

The first 24 hours

- Bite on the gauze

- Keep firm, steady pressure for 30–60 minutes to control bleeding. Replace with fresh, folded gauze if oozing continues. Slight pink saliva is normal for 24–48 hours.

- Rest and protect the area

- Take it easy. Keep your head elevated when resting. Avoid strenuous activity for 48–72 hours.

- Do not disturb the clots

- No spitting, rinsing, or using straws for 24 hours. Avoid smoking or vaping for at least 72 hours; longer is better.

- Cold packs for swelling

- Apply an ice pack to the cheek: 15 minutes on, 15 minutes off, for the first 6–8 hours. Swelling often peaks at 48–72 hours.

- Medications

- Take prescribed pain relief and antibiotics exactly as directed. If using over-the-counter options, follow label instructions and avoid duplicating ingredients.

- Keep the immediate denture in place (unless told otherwise)

- Your denture acts like a bandage and helps control swelling and bleeding. Keep it in for the first night unless your dentist advised differently.

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Oral hygiene

- First 24 hours

- Do not rinse vigorously or brush extraction sites. You may gently brush remaining teeth and the outer surfaces of the denture.

- After 24 hours

- Begin gentle warm salt-water rinses after meals and before bed (½ teaspoon salt in a cup of warm water). Let the liquid fall out—do not spit forcefully.

- Continue normal brushing of teeth and tongue, avoiding direct scrubbing of sockets for about a week.

- Keeping the denture clean

- After the first night, remove the denture to gently rinse your mouth and clean the denture with a soft brush over a sink filled with water or a towel (to prevent breakage if dropped).

- Use a non-abrasive denture cleanser (not toothpaste). Rinse well before reinserting.

Eating and drinking

- First 24–48 hours

- Choose cool, soft foods: yogurt, smoothies (spoon only—no straws), soups at lukewarm temperature, mashed vegetables, eggs.

- Advancing your diet

- Progress to softer solids as comfort allows: pasta, fish, minced meats, well-cooked veggies. Cut food small and chew slowly on both sides to balance pressure.

- Avoid for at least one week

- Hard, sharp, sticky, or seedy foods (nuts, chips, seeds, tough meats) and very hot drinks.

- Hydration

- Sip water frequently. Avoid alcohol for 48 hours and while taking pain medicines/antibiotics.

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Speaking and wearing time

- Expect an adjustment period
 - Speech may sound different for a few days. Reading aloud can help you adapt.
- Wearing schedule
 - Keep the denture in continuously for the first 24 hours unless your dentist advised differently.
 - After day 1: remove the denture at night to let tissues rest, unless specifically instructed to keep it in. Clean and store it in fresh water when out of your mouth.

Soreness, pressure spots, and fit

- Normal sensations
 - Mild soreness and a feeling of “fullness” are common early on. Small areas of rubbing or ulcers may appear.
- What to do
 - Do not try to adjust the denture yourself. Mark sore spots and bring the denture to your follow-up for relief adjustments.
- Relines and tissue changes
 - Gums and bone shrink as you heal over the next 3–6 months. Temporary soft relines or liners may be needed to keep the denture fitting comfortably until a definitive reline or remake is done.

Bleeding and swelling — what’s normal

- Oozing
 - Light oozing for 24–48 hours are typical. If bleeding increases, sit upright, place folded damp gauze or a tea bag (black tea) over the area, and bite with firm pressure for 30 minutes without checking.
- Swelling and bruising
 - Peaks around 48–72 hours, then improves. Switch from cold packs to gentle warmth after day 2–3 if advised.

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Activity and habits

- Rest
 - Avoid heavy lifting or vigorous exercise for 48–72 hours.
- Smoking/vaping
 - Greatly increases risk of dry socket and delayed healing. Avoid for at least 72 hours; longer is strongly recommended.
- Alcohol
 - Avoid for 48 hours and while taking prescribed pain medication or antibiotics.

When to call the clinic urgently

- Heavy bleeding that doesn't slow after 60 minutes of firm pressure with gauze or a tea bag.
- Worsening pain or swelling after day 3, foul taste or discharge, or fever/chills—possible infection.
- Severe sore spots or inability to keep the denture in.
- Cracked or broken denture.
- Signs of an allergic reaction to medication (rash, facial/lip swelling, difficulty breathing)—call emergency services.

Follow-up appointments

- First review
 - Usually within 24–72 hours for adjustment and to check healing.
- Subsequent visits
 - Additional adjustments as needed during the first weeks.
- Long-term fit
 - Expect a reline or new denture after healing stabilizes (often 3–6 months).

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Simple timeline

- Day 0: Extractions and immediate denture in place; rest, no rinsing, cold packs, take prescribed meds.
- Day 1: Begin gentle salt-water rinses; start removing denture for cleaning; stick to soft, cool foods.
- Days 2–3: Swelling may peak; continue soft diet and hygiene; attend first adjustment.
- Weeks 1–2: Gradual return to normal activities; manage sore spots with professional adjustments.
- Months 1–6: Gum/bone remodelling; expect relines; consider definitive reline/remake after healing.

Tips for comfort

- Orthodontic wax
 - A small piece on rough spots can provide temporary relief until your adjustment visit.
- Saliva changes
 - More saliva at first is normal; it settles as you adapt.
- Moisture
 - Keep the denture moist when out of your mouth (in clean water)—never let it dry out.

Important notes

- **This guide supports, not replaces, your dentist's instructions. Always follow the specific directions provided for your case.**
- **If you have conditions like diabetes, are on blood thinners, or have been treated with antiresorptive medications (e.g., bisphosphonates), healing considerations may differ—follow your dentist/doctor's tailored advice.**