



Immediate Dentures: What They Are and What to Expect

What is an immediate denture?

- An immediate denture is a removable replacement for teeth that is placed on the same day your natural teeth are removed.
- It helps you leave the clinic with teeth right away, supporting appearance, speech, and chewing while your gums and bone heal.

Benefits

- Immediate appearance and confidence.
- Protects extraction sites like a “bandage.”
- Helps with speaking and eating soft foods.
- Maintains facial support during healing.

Things to know (limitations)

- It’s a “best fit” made before extractions; your mouth shape will change as you heal.
- Expect several adjustments and relines to improve comfort and fit.
- A long-term “definitive” denture is usually made after healing is complete.

The treatment timeline

Consultation and impressions

- Dental exam, X-rays/photos as needed.
- Impressions (moulds) and bite records to plan your denture.

Tooth removal and denture placement (same day)

- Teeth are extracted.
- The denture is inserted immediately and checked.

First 24–48 hours

- Keep the denture in unless your dentist advises otherwise; it helps control swelling/bleeding.
- You'll have a review appointment for removal, cleaning guidance, and pressure-point adjustments.

First 2–6 weeks (healing phase)

- Gums shrink and the fit loosens.
- Expect sore spots; adjustments are common.
- A soft reline may be added to improve comfort.

3–6 months (stabilisation)

- When healing stabilises, a hard reline or a new definitive denture is made for long-term fit.
- If implants are planned, timing will be discussed separately.

What will it feel like?

- Fullness or pressure at first; speech may sound different for a few days.
- Extra saliva is common early on.
- Mild to moderate soreness is normal; sharp or persistent pain needs an adjustment.

Eating and speaking

- Start with soft foods: yoghurt, soups, scrambled eggs, fish, well-cooked vegetables, smoothies.
- Cut food into small pieces; chew slowly on both sides.
- Avoid very hot, hard, sticky, or crunchy foods early on.
- Practice reading aloud to help speech adapt.

Aftercare: the first day and beyond

- Leave the denture in as instructed for the first night unless told otherwise.
- If removed: rinse your mouth gently with salt water (when allowed) and clean the denture with cool water and a denture brush.
- Use any prescribed medications exactly as directed.
- Ice packs (wrapped) 10 minutes on/10 minutes off can help with swelling on day 1.

Cleaning your denture

- After the initial review, remove and rinse after meals if possible.
- Brush the denture daily with a soft denture brush and non-abrasive cleaner (not regular toothpaste).
- For the first 10 days soak overnight in a denture-cleaning solution; rinse well before wearing.
- Brush your gums, tongue, and any remaining teeth gently with a soft toothbrush.

Managing soreness and fit changes

- Sore spots usually mean the denture needs a small adjustment—don't "push through" pain.
- Do not use home repairs or superglue.
- Denture adhesives can help short-term, but frequent need suggests it's time for an adjustment or reline.

Normal vs. call the clinic

- Normal: mild soreness, extra saliva, minor speech changes, small spots of blood the first day.
- Call promptly if you have:
 - Bleeding that doesn't slow with pressure after 30 minutes.
 - Significant swelling that worsens after 72 hours.
 - Fever, foul taste, or increasing pain.

- Ulcers that don't improve within 2–3 days after an adjustment.
- A broken or cracked denture.

Medications and healing tips

- Take pain relief as directed (e.g., paracetamol/ibuprofen if suitable for you).
- Avoid smoking and limit alcohol—both slow healing.
- Sleep with your head slightly elevated for the first night or two.
- Keep all follow-up appointments for adjustments and relines.

Costs and maintenance

- Initial fee usually covers impressions, extraction-day fitting, and early adjustments; confirm what your plan includes.
- Additional relines and the final definitive denture are often separate costs.
- Dentures typically last 5–7 years with good care; your gums and bone continue to change over time. Reline the dentures every 2 years, this will improve the fit of the dentures and stop damage of the residual ridge (bone).

FAQs

- Will I look natural? Dentures are designed to match your facial features; immediate dentures maintain appearance from day one.
- Will I talk normally? Most people adapt within days to a few weeks with practice.
- Can I sleep in them? Yes, for the first night if advised; after that, remove overnight to rest tissues unless your dentist says otherwise.
- Are implants an option later? Yes—implants can improve stability once healing is complete.

This handout is general information and not a substitute for advice from your dental professional. If you have medical conditions, allergies, or take blood thinners, follow your dentist's specific instructions.

