FAIRHAVEN DENTURE CARE

GUIDANCE | PRECISION | CONFIDENCE

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Post-Extraction Instructions for Immediate Dentures

Receiving immediate dentures right after your extractions is a major milestone. Because your gums and bone need time to heal underneath the new appliance, the first 24 to 48 hours require special care. Please follow these guidelines closely to ensure a comfortable recovery.

The First 24 Hours: Critical Care

- **Leave Your Dentures In:** Do not remove your immediate dentures for the first 24 hours unless instructed otherwise. They act as a bandage to control bleeding and protect the tender extraction sites.
- **Managing Bleeding:** Mild oozing and pink-tinted saliva are normal. If active bleeding occurs, place a fresh piece of gauze or a dampened black tea bag over the area and bite down firmly for 30 to 45 minutes while keeping your dentures in place.
- **Controlling Swelling:** Apply an ice pack wrapped in a cloth to the outside of your cheek in 20-minute intervals (20 minutes on, 20 minutes off) during the first day to minimize swelling.
- **Rest:** Avoid strenuous activity, heavy lifting, or bending over for the first 48 hours to prevent increased blood flow to the head and minimize bleeding.

Oral Hygiene and Rinsing

- **No Spitting or Rinsing Today:** For the first 24 hours, do not spit forcefully, use a straw, or vigorously rinse your mouth, as this can dislodge the blood clots forming in the extraction sockets.
- **Gentle Warm Saltwater Rinses:** After 24 hours, gently rinse your mouth after meals with a mild saltwater solution (mix 1/2 teaspoon of salt in a glass of warm water). Do not swish aggressively; let the liquid roll gently around your mouth before letting it drop out into the sink.
- **Cleaning Your Mouth and Dentures:** After the first 24 hours, you may carefully remove your dentures to clean them. Brush them gently with a soft denture brush

and mild soap, and gently clean your remaining teeth and tongue. Do not disturb the healing extraction sockets.

Eating and Nutrition (Soft-Diet Guidelines)

- **Stick to Cool or Lukewarm Foods:** For the first few days, eat only soft, nourishing foods that require little to no chewing. Avoid hot foods and liquids, as heat can increase swelling and bleeding.
- **Recommended Foods:** Yogurt, applesauce, mashed potatoes, scrambled eggs, smoothies, protein shakes, broth, and lukewarm soups are ideal.
- **Avoid Certain Items:** Completely avoid hard, crunchy, sticky, or spicy foods, as well as tiny seeds that can get trapped beneath your dentures and irritate the healing gums.
- **No Straws:** Never drink through a straw, as the suction can create negative pressure in your mouth and dislodge the blood clots.

What to Watch For (When to Call the Clinic)

- **Severe or Worsening Pain:** While some discomfort is normal, severe pain that is not managed by prescribed or over-the-counter medication should be reported.
- **Uncontrolled Bleeding:** If heavy bleeding continues despite using gauze or a tea bag for over an hour, contact the office immediately.
- **Signs of Infection:** Persistent high fever, foul taste, or spreading redness require professional evaluation.
- **Loose or Unstable Fit:** Never try to adjust or grind the denture yourself. If the appliance rubs painfully or feels unstable, contact us right away so we can provide a quick, professional adjustment.