



Immediate Denture Post-Operative Instructions

If you need assistance during non-business hours, please text us at (469) 907-5250. This is the same number used for appointment confirmations. Messages are checked periodically after hours.

What is an Immediate Denture?

An immediate denture is a denture placed immediately after tooth extractions so you do not have to go without teeth during healing.

It is important to understand that:

- **Your gums and bone will change shape significantly during healing**
- **Your denture will likely require adjustments and relines over time**
- **Immediate dentures are part of the healing process**

The First 24 Hours (VERY IMPORTANT)

⚠ **DO NOT** remove your denture during the first 24 hours unless instructed otherwise by Dr. Sheikh.

Your denture acts like a “bandage” to:

- **Reduce bleeding**
- **Help control swelling**
- **Protect the surgical sites**

Removing the denture too early may increase swelling and make reinsertion difficult.

Bleeding

Minor bleeding or pink saliva is normal after extractions.

To Help Control Bleeding:

- **Keep the denture in place**

- **Bite gently but firmly**
- **Rest with your head elevated**

Please contact our office if:

- **Bleeding becomes excessive**
- **Your mouth rapidly fills with blood**
- **Bleeding does not improve**

Swelling

Swelling is common after multiple extractions and immediate denture placement.

To Minimize Swelling:

- **Use ice packs:**
 - **20 minutes on / 20 minutes off**
 - **During the first 24 hours**
- **Sleep with your head elevated**
- **Rest and avoid strenuous activity**

Swelling usually peaks around days 2–3.

Pain Management

Mild to moderate soreness is expected after treatment.

Recommended Medications

Unless otherwise directed:

- **Ibuprofen (Advil/Motrin): 600–800mg every 6–8 hours**
- **Tylenol (Acetaminophen): 500–1000mg every 6 hours**

⚠ Do not exceed recommended daily dosages.

If prescription pain medication was prescribed:

- **Take only as directed**
- **Avoid alcohol**
- **Do not drive or operate machinery**

IMPORTANT: Avoid Dry Socket

For the first 4–5 days after surgery, avoid:

- **Smoking or vaping**

- **Drinking through straws**
- **Spitting**
- **Vigorous rinsing**
- **Forceful swishing**

⚠ Smoking is the #1 cause of Dry Socket after extractions.

Removing & Cleaning the Denture

After your first follow-up appointment, you will usually be instructed on how to remove and clean your denture properly.

When Cleaning:

- **Remove carefully**
- **Rinse gently**
- **Clean with a denture brush and mild soap or denture cleaner**
- **Avoid hot water**

⚠ Handle the denture carefully to avoid breakage.

Sore Spots & Adjustments

It is completely normal for immediate dentures to create sore spots as your gums heal.

You May Notice:

- **Pressure areas**
- **Irritation**
- **Difficulty chewing**
- **Changes in speech**

This is expected and adjustments are usually necessary.

⚠ DO NOT attempt to adjust the denture yourself.

Please contact our office if:

- **You develop painful sore spots**
- **The denture feels unstable**
- **You cannot wear the denture comfortably**

Eating with Immediate Dentures

Eating will take practice initially.

Start With:

- **Soft foods**
- **Small bites**
- **Chewing slowly**
- **Using both sides of your mouth evenly**

Recommended Foods:

- **Eggs**
- **Pasta**
- **Yogurt**
- **Mashed potatoes**
- **Oatmeal**
- **Soup (lukewarm)**
- **Soft fish**

Avoid:

- **Hard foods**
- **Crunchy foods**
- **Sticky foods**
- **Tough meats**
- **Nuts**
- **Seeds**

Speaking with Immediate Dentures

Speech changes are common initially.

Helpful Tips:

- **Read aloud**
- **Practice speaking slowly**
- **Be patient during adjustment**

Speech usually improves as your muscles adapt.

Bone Shrinkage & Future Relines

After extractions, the gums and bone naturally shrink during healing.

Because of this:

- **Your denture may loosen over time**
- **Soft relines or adjustments may be needed**
- **A final denture or reline may eventually be recommended**

This is a normal part of the healing process.

Oral Hygiene

Even with dentures, oral hygiene remains important.

Please continue:

- **Gently brushing your tongue and gums**
- **Cleaning the denture daily**
- **Rinsing gently with warm salt water if instructed**

Sleeping with Dentures

During the initial healing period, Dr. Sheikh may recommend sleeping with the denture in place temporarily.

After healing:


- **Most patients should remove dentures at night**
- **Store dentures in water or denture solution when not worn**

When to Contact Our Office

Please call or text us if you experience:

- **Severe pain**
- **Heavy bleeding**
- **Significant swelling**
- **Fever over 101°F**
- **Difficulty swallowing or breathing**
- **Broken denture**
- **Severe sore spots**
- **Inability to reinsert denture**

After-Hours Assistance

 Call or Text: **(469) 907-5250**

We are here to help make your healing and adjustment process as comfortable as possible.