



POST-OPERATIVE INSTRUCTIONS

After Immediate Dentures

Restorative · Cisco Dental — Dental Fitness

An immediate denture is placed the same day your teeth are removed, so you are never without teeth. It also acts like a bandage over the surgical sites — which is exactly why the first 24 hours have one firm rule.

★ Do not remove it for the first 24 hours

- Leave the immediate denture in place for the first 24 hours, or as long as Dr. Donald directs — even while sleeping.
- It applies gentle pressure that controls bleeding and swelling and lets the tissue heal to the right shape. If you take it out too early, the gums can swell and you may not be able to get it back in.
- Dr. Donald will see you the day after placement to remove it the first time and check the sites together.

Bleeding & swelling

- Some oozing for the first day is normal; keep the denture seated and rest with your head elevated.
- Use a cold pack on the face, 20 minutes on / 20 off, for the first several hours to limit swelling.
- Take all medication exactly as prescribed and finish any antibiotic.

Eating & rinsing

- Stay with soft, cool foods and plenty of water for the first few days; chew gently and evenly.
- Do NOT rinse, spit, use a straw, or smoke for the first 24 hours — suction disturbs the healing sites beneath the denture.
- Starting the day after, and after we have shown you how, begin gentle warm salt-water rinses and remove the denture to clean it and your gums.

What to expect over the coming weeks

- As the extraction sites heal, your gums shrink to their final shape. This is expected — and it means your immediate denture will loosen over the first months.
- We manage this with temporary liners and, after healing is complete (usually a few months), a permanent reline or a new final denture. Keep every follow-up so we can keep it fitting and comfortable.



When to call us

Call our office at (254) 442-2000 if you experience any of the following:

- Bleeding that does not slow with steady pressure after 45–60 minutes
- Swelling that worsens after the third day rather than improving
- A fever, chills, or a bad taste/odor that does not resolve
- Pain that increases after day 3, or is not controlled by the plan below
- Any reaction to a prescribed medication (rash, hives, trouble breathing — for breathing trouble, call 911)