

# **Masters Dentistry Immediate Denture Instructions**

At Masters Dentistry, we're here to support you through the healing process. It's normal for things to feel different at first. The following guidelines will help you heal comfortably and adjust to your denture.

## **The First 24 Hours**

Keep your denture in place for the first 24 hours, even while sleeping. This helps control swelling and protect the surgical sites. However, if you are experiencing significant discomfort, you may remove the denture.

## **Follow-Up Appointment**

You will return to the office within 24-48 hours for evaluation. We will remove the denture, check healing, and make any necessary adjustments. If sutures were placed, a follow-up will be scheduled for removal.

## **Swelling, Bleeding, and Discomfort**

Swelling, soreness, and minor bleeding are normal after extractions. Use an ice pack on the outside of your face in 10–15 minute intervals for the first 24 hours. Keep your head elevated when resting. If bleeding continues, place a damp tea bag or gauze over the area and gently bite down for 20–30 minutes. If bleeding does not stop after applying pressure, seek care at the nearest emergency room.

## **Pain Management**

Over-the-counter anti-inflammatory medications such as ibuprofen are recommended if approved by your physician. Acetaminophen (Tylenol) may be alternated if additional relief is needed.

## **Eating**

Stick to soft foods for the first several days. Avoid hot, spicy, crunchy, or hard foods. Stay hydrated.

## **Oral Care**

After the first 24 hours, you may remove your denture for gentle cleaning. Rinse your mouth gently with warm salt water starting the day after surgery. Avoid vigorous rinsing or spitting for the first 24 hours.

## **Smoking and Healing**

Do not smoke during the healing period. Smoking delays healing and increases the risk of complications, including dry socket.

## **Dry Socket**

Dry socket is a painful condition that can occur if the blood clot is disrupted. It may present as increasing pain a few days after surgery, often with a bad taste or odor.

Contact Masters Dentistry if you suspect a dry socket.

### **Denture Fit and Adjustments**

Your denture may feel tight at first due to swelling.

As swelling decreases, the denture may feel loose.

Adjustments are normal and expected during healing.

Bone and gum changes will continue, and a reline will be needed as healing progresses.

### **Important Reminders**

Do not attempt to adjust your denture yourself.

Wear your denture as instructed to help shape healing tissues.

Contact us if you experience severe pain, excessive swelling, or difficulty wearing your denture.

Immediate dentures are a temporary solution during healing. As your bone and gums remodel, *a reline or a new custom denture* will be needed for proper fit and function.

If you have any concerns, please contact Masters Dentistry at (586) 463-8635