



**Clinical Denture
Centre**

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DENTURES FITTED IMMEDIATELY AFTER HAVING A TOOTH EXTRACTED

It takes time to get used to wearing a new denture, and if you are having a new denture fitted immediately after an extraction – or have had a tooth added to your existing denture immediately after an extraction – there will be additional challenges.

- You may occasionally bite your tongue or cheek until you get used to have these spaces filled. This is more likely to happen while you are still numb from the anaesthetic, so you will need to be especially careful.
- You may well feel that your mouth is producing a lot more saliva than normal – this is because the reflex to produce saliva when you have put food into your mouth has been triggered by the new denture. It is quite normal, and may take 24 hours before your mouth returns to producing the normal amount.

Follow any instructions given to you by your dentist. In addition:

- You should keep the denture in for 24 hours following your extraction(s). This will help to contain the amount of swelling – if you remove the denture too early, there is a possibility that the resultant swelling will make it too difficult to put the denture back in again.
- After 24 hours, remove your denture following the instructions on our Denture Home Care sheet. At this stage, you should NOT use any cleaners or toothpaste – simply rinse it carefully under cold water, and brush inside and out using the soft denture brush.
- Rinse your mouth very gently with warm salt water – dissolve a teaspoon of salt in approximately 230ml of very warm water. Be extremely careful not to dislodge the blood clot which has formed in the socket.
- If you have any of your own natural teeth, clean these as you would do normally before you put the denture back in.
- You should do this for the next two mornings.
- On the fourth day, you should also take the denture out when you go to bed. Follow the morning routine of rinsing and brushing the denture, and rinsing your mouth with the warm salt water. Leave the denture overnight in a clean container covered with clean cold water.
- Continue with these morning and bedtime routines, including the warm salt water, for at least 7-10 days.
- For the first few days, keep to very soft food or even a liquid diet, with easy to chew foods. Avoid any hard, sticky or chewy foods while you are still healing, but introduce more solid food after a few days.
- The socket(s) where you had the extraction(s) will likely be sore for a few days, but if you experience any soreness or discomfort anywhere else please let us know, as we may need to adjust the denture.
- After the first week, you should start to use denture cleaner on your denture as described on our sheet Denture Home Care or Denture Home Care for Flexible Dentures. If your dentist has asked you to return for a review following extractions, wait until after you have been given the go-ahead at that visit.
- As you heal over the next few months, you are likely to experience changes in your mouth as the bone and gum will change, and the denture will probably become loose. You might even find it necessary to use a fixative. If this causes a problem for you, please let us know so that we may adjust the denture. Once all the changes have settled down, you might need to have the denture relined, or you even decide that you would like a new, more permanent denture. Please do not hesitate to contact us to ask about your options.