METTA
DENTURE CLINIC

Caring for Your Immediate Denture

Fitted on the same day your teeth are removed

The First 24 Hours

- **Keep it in —** leave your denture in for the first 24 hours, including overnight. It acts like a bandage — protecting the healing gums and helping control swelling and bleeding. Don't take it out until the next day.
- **Expect some bleeding and swelling —** mild bleeding, swelling and tenderness are normal for the first few days. Follow your dentist or oral surgeon's instructions and take any medication exactly as prescribed.
- **Cool and soft on day one —** stick to cool, soft foods and drinks. Avoid hot drinks, alcohol, smoking, and drinking through a straw, which can slow healing.

From Day Two

- **Take it out and clean it —** the day after, gently remove your denture, clean it, then put it back in. Your gums may still be tender, so go slowly.
- **Clean daily —** use a soft-bristle denture brush with a mild dish soap such as Dawn to remove food, grime and oil, then soak in a denture tablet such as Polident to disinfect. Regular toothpaste is too abrasive and can create tiny scratches where bacteria collect.

Temporary soft lining? If we've added one to your denture, skip the tablets — rinse it with cool water and wipe gently with a soft cloth instead.

- **Don't sleep in it —** after the first night, always take your denture out before bed so your gums can rest, and store it in water.
- **Never use hot water —** on your denture — it can warp the material. Lukewarm or cool water only.
- **Handle with care —** clean over a folded towel or a sink half-filled with water, so a dropped denture has a soft landing.

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Healing Changes the Fit

As your gums and bone heal over the next several months, they shrink and change shape, so your denture will gradually feel looser. This is completely expected — we'll adjust and reline it as you heal so it stays comfortable.

Please attend every scheduled follow-up appointment. Healing changes the fit quickly, and early adjustments prevent sore spots and help your gums heal evenly.

Too sore to wear it? Take your denture out to rest your gums — but wear it again on the day of your appointment (for at least a few hours beforehand), so we can see exactly where it's rubbing and fix it quickly.

Come back anytime for adjustments — dentures are like a new car or a new pair of shoes: they take time to break in, and parts wear over time. Following up once a year for a reline or bite adjustment keeps them fitting well.

Eating and Speaking

- Start with soft foods cut into small pieces and chew slowly on both sides. Avoid very hard, sticky or crunchy foods until you've healed.
- Speech may feel different at first — reading aloud for a few minutes a day helps you adjust faster.

When to Get Help

- **Contact your dentist or oral surgeon right away —** for bleeding that won't stop, swelling or pain that gets worse after 2–3 days, or a fever.
- **Call or text us —** if your denture rubs, feels loose, or cracks.

Simple repairs can sometimes be handled the same day.

New Westminster location

Happy with your care? Please leave us a Google review

Ask a family member to scan this code with their phone camera — it only takes a minute, and it helps other seniors find us.

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