

A little care goes a long way

Your denture journey

A practical companion for preparing, adjusting and finding your confidence.

Written by Lisa, the Denture Fairy

A place for useful questions, honest feelings and small steps forward. Keep the pages that help; return whenever you need them.

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Hello, I’m Lisa

When I had my teeth removed in January 2025, I discovered that dentures are about much more than teeth. I had questions about healing, eating, cleaning and confidence. Some days were easier than others.

I started sharing my experience so that somebody else might feel less alone. This little book brings together things I wish I’d known and space for your own story. There is no single right way to feel about a changing smile.

Use the practical pages to prepare questions for your dental team. Their instructions for your mouth, treatment and denture always come first.

“Your smile tells your story.”

This is peer support and general information, not an individual treatment plan. If something feels wrong, contact your dentist or dental team.

Before your appointment

A short conversation with your dental team can take some of the uncertainty out of the day. You can write down answers instead of trying to remember everything at once.

- Will I receive immediate dentures, and when should I first remove them?
- Who do I contact if the fit hurts or bleeding continues?
- When is my review appointment?
- Which cleaning and storage method suits my denture material?
- What should I do with any remaining teeth?

Practical idea: plan a quiet first day, soft foods you like, and a safe place for your denture case. Ask your dental team about medicines and aftercare before you leave.

My questions for the dental team

The first day

Follow the instructions you were given at the appointment. If you have an immediate denture, your dentist may ask you to keep it in for the first 24 hours. Advice differs by treatment, so check before removing it. [1, 2]

After an extraction, avoid disturbing the healing socket. General NHS advice is not to rinse, spit or touch the area for the first 24 hours. Choose gentle, soft foods and be careful with hot food while your mouth is numb. [3]

A little blood in saliva can happen. Your dental team should tell you how to manage bleeding and who to call. If bleeding is heavy or will not stop, contact your dental team or urgent dental service. [1, 3]

> Your own aftercare sheet takes priority. Keep the dental team’s contact details somewhere easy to find.

My first-day instructions

The early days

From the day after an extraction, many NHS services advise gentle warm salt-water rinses, while continuing to care carefully for any remaining teeth. Follow the timing and method your own clinician recommends. [1, 3]

New dentures can feel large, affect speech and make eating awkward at first. Try softer foods and give yourself time. If sore spots persist, ask for an adjustment rather than trying to alter the denture yourself. [1, 2]

The shape of your gums can change as they heal, so immediate dentures may need adjustments, relining or replacement. A changing fit is a reason to check in, not a personal failure. [1, 2, 4]

Bring notes to your review: where it rubs, when it happens, and what you were doing. Specific examples help your dentist understand the problem.

Finding a daily rhythm

Take dentures out to clean them as your dentist advises. Rinse away food, then brush all surfaces gently over a bowl or sink containing water so a slip is less likely to break them. Rinse thoroughly before putting them back in. [1, 5]

Some NHS dental guidance recommends soft soap or a little washing-up liquid for denture cleaning. Ordinary toothpaste can be abrasive and may scratch a denture. Use a product suitable for your denture material, and ask your dentist if you are unsure. [1, 5]

Avoid hot water, which may change the denture’s shape. Most people remove dentures overnight to let the mouth rest, unless their dentist gives different instructions for a new immediate denture. Ask how yours should be stored. [1, 2, 5]

My simple routine: clean gently, rinse well, care for remaining teeth and gums as advised, and give the denture a safe place at night.

Confidence takes practice

You do not need to feel confident every minute to be making progress. Some people find it helps to practise saying a few familiar words, take meals slowly and notice one thing that felt easier than last week.

Other people may have opinions. You get to decide which voices belong in your day. It is all right to say, “I’m learning what works for me.” Your journey belongs to you.

“You are more than your teeth.”

One thing I am proud of today

When to ask for help

Contact your dentist if your denture keeps rubbing, feels increasingly loose, breaks, or you develop persistent soreness. A professional can check the fit and advise on adjustments. [1, 2]

Seek prompt dental advice for worsening pain after an extraction or bleeding that does not settle after following your dental team’s instructions. For heavy bleeding that will not stop or severe swelling with difficulty breathing, go to A&E or call 999. [3, 6]

It is okay to ask the same question twice. Write it down and bring it to your appointment.

What I want to ask at my next review

My care notes

Keep the useful details in one place. You can print these pages or write directly on a digital copy with a PDF annotation app.

My dental team and contact number

My next appointment and what to bring

Products or routines my dentist recommended

A page for the hard days

You can be grateful for progress and still have a hard day. Write without trying to make it sound positive.

What is feeling difficult right now?

What would help me feel supported today?

A page for the good days

Notice the small things too: a comfortable meal, a conversation, a smile in a photograph, or simply asking for help.

Something that felt easier than before

A reminder I want to give myself

Quick reminders

☐ Follow the aftercare instructions given for my own treatment.
☐ Keep the dental team’s contact details close.
☐ Ask before removing a newly fitted immediate denture.
☐ Clean my denture gently and rinse it thoroughly.
☐ Arrange a fit check if it hurts or no longer fits well.
☐ Give myself time to learn a new routine.

“I attract confidence. I do not chase approval.”

You can return to this book as often as you like. And if you want company on the journey, you can find me at @lisacoleman81 on TikTok.

Sources and a note on care

This guide was checked against the following UK dental patient information in September 2026. Advice may differ for your particular extraction, denture or medical history. Your dental team's directions take priority.

[1] Guy's and St Thomas' NHS Foundation Trust, "Dentures"

https://www.guysandstthomas.nhs.uk/health-information/dentures

[2] Leeds Teaching Hospitals NHS Trust, "Immediate Dentures"

https://www.leedsth.nhs.uk/patients/resources/immediate-dentures/

[3] University College London Hospitals NHS Foundation Trust, "Dental extractions: post-operative instructions"

https://www.uclh.nhs.uk/patients-and-visitors/patient-information-pages/dental-extractions-post-operative-instructions

[4] NHS, "Dentures"

https://www.nhs.uk/tests-and-treatments/dentures/

[5] Cambridge University Hospitals NHS Foundation Trust, "Denture care"

https://www.cuh.nhs.uk/patient-information/denture-care-looking-after-your-dentures/

[6] NHS, "How to find an NHS dentist in an emergency"

https://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist-in-an-emergency/

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