

# Instructions for Patients with Full Dentures

## Cleaning Dentures

- ✓ Dentures can break, so place a wash cloth in your sink or fill the sink with water, and then clean your denture over the sink, just in case they slip out of your hands by accident.
- ✓ Rinse denture thoroughly with warm or cool water to remove all loose food particles.
- ✓ Use the denture brush provided or a soft bristle brush.
- ✓ Do not use bleach or harsh detergents.
- ✓ Brush all surfaces thoroughly.
- ✓ Rinse dentures well under running water.
- ✓ Remove dentures and soak overnight while you sleep.
- ✓ Brush your gums, tongue, and palate with a soft toothbrush.
- ✓ Never wrap your denture in tissue, as you might forget and toss out the denture.
- ✓ Always store your dentures in a moist environment in the denture tub provided.

Visits for regular checkups of the soft tissue of the mouth and gums are needed routinely. At this time we will check the fit of the dentures and clean them as well.

Learning to wear a new denture can take time. Don't become discouraged if you experience difficulty in the beginning. Your dentist will help you through any difficulties during your adjustment period.

A lower denture usually takes more time to adjust to than an upper denture. The tongue may feel restricted and will tend to play with the prosthesis.

It is natural to experience a "full mouth" feeling. Expect to have excessive saliva flow the first couple of days.

Reading or singing out loud will help in reducing any minor speech problems, which sometimes result with wearing a new denture.

Try to eat soft foods for the first couple of days. It is normal to experience some discomfort associated with sore spots during the adjustment period.

If sore spots should develop, call the office to schedule an appointment for an adjustment of the denture.

Never try to adjust the dentures yourself if dentures are damaged you will be responsible for the repair fees and/or fees for a new set of dentures

With immediate dentures (after extractions), there is a long healing period which may cause the denture will feel loose as the gums shrink. Additional relines will be needed as healing takes. A final reline/rebase will be needed after gums have completely healed which will require you to be without dentures for a period of 1-2 days.

If any problems or questions arise, please feel free to call our office.