



DENTURE POST-OPT INSTRUCTIONS

The following will help you to use and properly care for your new denture.

- It is normal to experience some discomfort, sore spots and speech problems while getting used to your new dentures. Your dentures will need a few adjustments until you are comfortable.
- To help with speech, read aloud for a few minutes every day. Your mouth will adjust, and your speech will improve.
- Your bite will need to be adjusted as your dentures settle.
- You should take the dentures out every night and keep them in a clean container filled with water or denture cleaning solution. Soaking your denture once a week in denture cleaner (Polident) will keep them clean.
- Clean dentures thoroughly with a brush and water before putting them back in your mouth.
- You should leave your dentures out for at least six hours to allow your gums to rest. Food particles trapped under the denture cause inflammation and sore spots. Brush the roof of your mouth as well as your gums and tongue. This will help keep your mouth healthy.
- You should return to have your dentures and mouth check at least once a year. As changes in the mouth occur with further bone loss and wear on the teeth. These changes will make the denture not fit right thus causing trauma to your gums and bone leading to continuing damage.

With proper care we expect you to have years of satisfied use of your dentures. However, overtime, there are changes in your jawbone and gums. When this occurs, your dentures will feel loose and may require relining. Wearing ill-fitting dentures for too long without refitting can cause severe bone loss and very serious oral disease. Please call our office if these symptoms occur.