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DENTURE POST OP INSTUCTIONS

- Most new dentures require an adjustment period. This period will require the patient and the dentist to work together for the best results for you and your dentures.
- Start slowly with a new denture. Eat easier, softer foods first before attempting to chew more challenging food. Also, practice speaking with your new teeth. Even if your new dentures are very similar to your previous set, there will be differences that will require you to learn to eat and speak all over again.
- Initially, the dentures may not fit as well as they eventually do. It generally takes several days for a new set of dentures to settle into the tissue of the mouth.
- After several days of trial wear with a new set, you will generally be instructed to return to your dentist for a follow up appointment. Adjustments can then be made based on your experience and needs. Any soreness of gums, looseness, and difficulties with chewing or speaking can be evaluated. Your dentist can then make the necessary adjustments or provide you with necessary suggestions for dealing with your concerns.
- The best way to care for your denture is to brush them at least once a day, inside and out. You can use a soft brush or a special denture brush. Either regular toothpaste or denture cream will work well. Occasional soaking in a denture cleansing can be helpful as well. Generally, soaking followed by thorough brushing once every week should be sufficient.
- Make sure not to drop your dentures when cleaning them. It is helpful to clean your dentures over a wash cloth or over a sink full of water to prevent accidentally breaking the dentures from a drop.
- Dentures require regular professional care. We suggest that all denture patients have their dentures and gum tissue checked once every year. This will make sure that problems are identified and corrected in a timely manner. Adjustments and recliners can be made to keep the dentures working well and fitting well for a long time.

- Usually, it is advisable to remove the dentures from the mouth before going to bed. This also allows the mouth tissues to rest. In some instances, a patient's jaw or muscles may need the denture support while sleeping. These patients will feel better sleeping with their dentures on.
- If you have existing dentures and have any questions regarding their fit or appearance of your teeth, call the office for an evaluation appointment.