

## Post-Op Instructions for New Partial/Complete Denture

- New Dentures always require a period of adjustment. First-time denture patients may require several weeks to get used to their new appliance. Speech may be altered and may require adaption for the tongue and lips.
  - For the first few days, you should wear your dentures for as long possible, and chew soft food in small bites. Remember, dentures do not have the same chewing efficiency as natural teeth and may affect your taste of food. If your bite feels uneven after several days, we can adjust the way your teeth contact at follow-up visits.
  - It is not unusual for sore spots to develop in isolated areas of the mouth. These areas can be relieved easily at follow-up appointments. If severe sore spots develop which prevents wearing the denture and an appointment is made for adjustment, please wear denture for 24 Hours prior to the appointment. This will aid in locating the adjustment spot more predictable.
  - Proper cleaning of your denture is important to prevent stains and bacteria from accumulating on your appliance. Since cleaning procedures differ for various types of appliances, please follow the directions given to you at your insertion appointment.
  - Do not wear complete or partial denture overnight. It is important to allow your gum tissues and jaw bones to rest in order to prevent further irritation, infection, and further bone shrinkage.
  - Over time, or with weight loss or gain, the supporting gum tissues and bone may change shape and size. Periodic relines of your dentures maybe necessary to ensure a retentive fit. Denture teeth may wear or chip over time. An annual checkup of your tissues and dentures is recommended.
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