

# DENTURE USE and CARE INSTRUCTIONS

Please read the following notes to know how best to use and care for your new dentures:

## YOUR INITIAL ADJUSTMENT PERIOD:

1. Leave your dentures in for the first 24-hour period. It is very important that you wear the dentures for this 24-hour period so that we know where the denture is not fitting comfortably.
2. Feelings of fullness & increased salivation will decrease with time.
3. Sucking on a piece of hard candy may help decrease any gagging sensation.
4. Expect sore spots to develop during this initial adjustment period. Call us for any adjustments that are needed. There is no charge for these adjustments. You should wear your dentures for the 24 hour period before the adjustment appointment so that we can see where they need adjusting.

## APPEARANCE:

1. Your new dentures will feel different to you. The degree of relaxation of your lips will change as you become more comfortable with your new dentures. Because the mouth is so sensitive, small changes may feel drastic. In time, your dentures will feel wonderful.

## EATING WITH YOUR DENTURES:

1. Cut food into small bite-sized pieces.
2. Eating with food on both sides of your mouth may be helpful to stabilize your dentures.
3. Biting foods with your front teeth will tend to dislodge dentures from the underlying tissues.
4. Avoid sticky foods.
5. Learning to eat with dentures takes time. Eating with dentures will never be as easy or efficient as eating with natural teeth. Be patient.

## TALKING WITH YOUR NEW DENTURES:

1. Adjusting takes time - read out loud to speed up the process.
2. Muscles will need to be re-educated so they will retain the denture in place.
3. The feeling of crowding of the tongue will decrease with time.
4. Reading a book out loud will help retrain your mouth muscles.

## CLEANING YOUR MOUTH & YOUR DENTURES:

1. Cleanse & massage your gums daily with a soft toothbrush.
2. Brush dentures with a soft toothbrush and ordinary facial soap over a washbasin full of water. This will protect the denture in case it slips from your hands during cleaning. The lower denture should **not** be held between the thumb and forefinger holding onto the opposite side. Inadvertent squeezing of the denture can cause fracture of the denture at the midline.
3. Never use toothpaste to brush your dentures - it is too abrasive. Soak dentures overnight in either a commercial denture soaking solution, or the following denture cleaning solution:  
1 Tablespoon bleach and 1 Tablespoon Calgon mixed with 1-cup water.  
**(However, never use bleach on dentures with metal parts)**

## DENTURE DO'S AND DON'TS:

1. Do leave your denture out at night while you sleep or at least 6 hours per day. Your gums need time to rest.
2. Only use denture adhesives on the advice of your dentist.
3. Never attempt to adjust, repair, or re-fit your denture yourself.
4. Do come in for your regular dental check-ups. We recommend a yearly oral exam and cancer screening.
5. Do not let your denture dry out. Place it in water or a commercial cleanser. This will prevent the denture from drying out and distorting.
6. Do not chew/bite foreign objects (pens, lollipops, tobacco pipes, bones, fingernails) with your dentures. It could break the teeth.