

**Care and Maintenance of Complete Dentures**

* Remember, as discussed in the preliminary stages of your prosthesis fabrication, it is very common to have sore spots arise after wearing your new denture for a day or so. This is true even if you have worn dentures before in the past. We recommend that you return for evaluation at approximately 24 and 72 hours after the delivery of your new Denture for sore spot adjustments. Additional adjustments may be required after this as well and can be scheduled as needed.
* Also remember, dentures are a good replacement for no teeth, but they are not a good replacement for your natural teeth. This means that you will likely need to retrain yourself to eat and speak with your new denture and that there may always be limitations to prosthesis use.
	+ We recommend reading the newspaper out loud and watching yourself speak in front of a mirror to help become more comfortable talking with your new prosthesis.
	+ We also recommend chewing as evenly as possible with a small amount of food on both sides of your mouth at the same time and not biting into food , but rather cutting it and pushing it to your back teeth to chew it up.
	+ There will always be some foods that will be more difficult to eat, and will cause your denture to “lift” or dislodge more than others. This is particularly true for lower dentures. Additionally, small food particles may find their way under your denture when eating, this too will improve with practice, but will likely never completely go away.
* Dentures may feel large and bulky at first but with practice and continued use this sensation will diminish with time.
* The lower denture is notoriously more difficult to wear and has a tendency to “lift” and move much more. This is difficult to adapt to but there are a few things you can do to help:
	+ Focus on placing your tongue near the chewing surface of your bottom teeth instead of behind the lower teeth when speaking.
	+ Chew evenly, with small amounts of food on both sides at the same time.
	+ Practice, practice, practice.
* Like natural teeth, it is important that you clean your dentures daily. Use a denture brush and one of the denture cleaning products available at your local retail store to thoroughly clean all surfaces of your denture at least once a day. NEVER USE TOOTHPASTE ON YOUR DENTURE. Toothpaste contains abrasives that can scratch your denture causing it to stain and retain bacteria.
* After eating it is advised that you thoroughly rinse your denture under cool/warm water to remove any debris.
* Use a soft bristled tooth brush to brush your tongue, palate and gums. This will help with fresh breath and will stimulate circulation to the area helping to keep your tissues healthy.
* Tough stains or tartar can be removed by soaking dentures in white vinegar for several hours. After soaking, rinse them with water before placing them back in your mouth. You can also have your dentures professionally cleaned by contacting our office.
* ALWAYS TAKE YOUR DENTURE OUT AT NIGHT. In order to maintain healthy bone and gums your tissues will need a break. So always take your denture out at night and store it securely
* Anytime the denture is not in your mouth it is important to keep it in a tightly sealed container with room temp/warm water. Do not store it in hot water or dry conditions since this can cause malformation of the denture. Since the denture can smell like what you have eaten during the day, it is very appealing to pets to try and eat the denture, so it is very important to keep it in a tightly sealed container.
* When cleaning or handling your denture it is advisable to fill your sink with water so that if the denture is dropped the water will cushion the blow making it less likely that the denture will break or fracture.
* NEVER USE ADHESIVES TO HOLD YOUR DENTURE IN YOUR MOUTH. This can result in increased bone loss which will further aggravate the problem.
* Contact the office right away if you notice any changes in your bite or fit of the denture.
* It is important that you return at least once a year for evaluation your tissues and denture. Remember, although our prosthesis will not change, the foundation (bone) will continue to change with time which may result in the need for further treatment in the future to maintain proper fit and health of the surrounding structures.