



Post Operative Instructions for Dentures

Congratulations you have just gotten your dentures. Here are some things to refer to as you make your way along this process. Remember that there is a huge learning curve and it can be easy to get frustrated. So, any progress you make should be looked at positivity.

- Most new dentures require an adjustment period. This period will require the patient and the dentist to work together for the best result for you and your dentures. Please **write** down your experience during the week. This way during the appointment we can address your issues you had during the week. It can be easy to forget to tell us stuff during the appointment.
- Start slowly with a new denture because you will need to re-learn how to eat. It is important to chew evenly on both sides because you can tip the denture up. Eat softer foods first before attempting to chew more difficult foods. It can be difficult to eat bread and you may have to toast it.
- It can be difficult to speak. Practice speaking by reading slowly in front of a mirror. Some sounds may be more difficult to produce than others.
- Dentures will not fit as well as they can initially. 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 be instructed to return to your dentist for a check. This is the time to bring what your written problems are. Any soreness of gums, looseness, difficulties with chewing, or difficulties in speech can be evaluated. We will make the necessary adjustments and give you suggestions on how to deal with any concerns that you have.
- Please **clean your dentures** by brushing them inside and out. You can use a soft tooth brush or a special denture brush. Either regular toothpaste or denture cream will work well. Weekly soaking in a denture cleansing solution can be helpful. But, remember to brush your denture after you soak them, so that there is not any build-up left on the denture.
- When cleaning your denture, clean them over a washcloth or over a sink full of water. If you drop your denture they can break.
- Dentures require **regular** professional care. We suggest that all denture patients have their dentures and gums checked on a yearly basis. This will allow us to identify if there are any problems and correct them before damage is done to the mouth. Adjustments and relines can be made to dentures that will keep them working well and fitting well longer than if no preventative care is taken.



- Please sleep without your dentures in. If you want to sleep with your denture then please take it out for at least 8 hours a day. This allows the tissue in your mouth to heal. Just like you take your shoes off to allow your feet to rest, it is important to allow your mouth to rest.
- Place your denture in cup with water at night (do not let it dry out)
- **Dogs** like to eat dentures so please be careful not to leave them out for your pets.
- Denture need to be relined around every **2 years** and a new set should be made every **8 years**.

Immediate Dentures:

- Your teeth will be removed and the denture will be placed. During the night leave your denture in place to act as a bandage. The next day you will come back to the dental office and the dentist will remove your denture and check how you are healing.
- After this first night please do not sleep with your denture in.
- Over time your gums will shrink because of healing and decreased swelling. You will find that your denture does not fit and you will need a reline.
- You may need several relines and eventually may require a new denture.

Partial Dentures:

- Do **not use bleach** to clean your partials because the metal can corrode
- If you are experiencing pain with your teeth please let the dentist know.
- Take out your dentures after you eat and rinse your mouth out and the dentures before putting them back in your mouth
- It is important to take care of the teeth that are remaining. Make sure you brush all around the tooth and not just the front, back and top.
- It is still important to come in regularly to have our teeth checked and cleaned to maintain them for longer periods of time.

Tissue Conditioner:

- If you needed to have tissue conditioner placed (white) please wear the denture during the day.
- After you eat, remove your denture and rinse it out with water. Do not brush the tissue conditioner or soak your denture in denture solution.



- At night, place a wet paper towel around your denture and **place teeth side up**