



## **DENTURE CARE INSTRUCTIONS**

### **INFORMATION CONCERNING YOUR DENTURE**

- Adjusting to a new denture takes time and practice. At first, speaking and chewing will seem awkward, but with practice, you will gain skill and confidence with your new denture.
- You may experience sore spots caused by settling of the denture in your mouth for the first several weeks. Please call our office for an appointment to adjust your denture as needed.
- Every night carefully remove your denture and clean with a denture cleaning brush and denture cleanser. Rinse your mouth thoroughly with water to remove plaque and food particles. Clean your denture over a towel or a sink filled with water to protect it in case you accidentally drop it.
- Place your denture in plain water or in a denture soak overnight. It is important to leave your denture out of your mouth overnight to allow your gums to relax.
- When eating, practice chewing on both sides of your mouth to keep your denture balanced. Also, avoid biting into hard foods (apples) to avoid displacing your denture.
- Once a year, you will need to come in for an examination so the doctor can check the fit of your denture, check your gum tissues, and do an oral cancer-screening exam.
- Every 2 to 3 years you may need to have the inside of your denture refitted (called a denture reline) to maintain the tight fit of your denture. A denture reline is needed when your denture moves or rocks in your mouth. Rocking of your denture will cause the bone that supports your denture to shrink and make your denture more difficult to wear.

### **INFORMATION CONCERNING AN IMMEDIATE DENTURE**

- Biting pressure on the denture will promote clotting and will decrease the initial flow of blood. Slight bleeding can last up to 2-3 days.
- Use an ice compress on affected side for 20 minutes on and 20 minutes off for the first 24 hours.
- Limit your diet to soft and easy to chew foods and plenty of fluids for the first week.
- Do not take the denture out today, but rinse your mouth with warm salt water before going to bed and after meals (1-teaspoon salt in 1-cup warm water).
- Starting tomorrow, carefully remove the denture twice a day and clean with a toothbrush and a low abrasive toothpaste or denture cleanser. Rinse your mouth with warm salt water.
- Sleep with the denture in your mouth for one week. Then you should take it out when sleeping in order to relax the gum tissues.
- You may experience sore spots as the gum tissue heals and shrinks. Please call the office for an appointment to adjust the denture as the sore spots occur.
- Due to the gum shrinkage that occurs within the first six months, you may go through periods of a loose fitting denture. A temporary liner will be placed into the denture as needed. Denture adhesives can be used during this time as well.
- Following the gum shrinkage period (approximately 6 months), a permanent reline will be placed in your denture.