

DENTURE POST OP INSTRUCTIONS

Dentures are very different from natural teeth. Teeth are anchored into the bone, but dentures rest on your tissue – this means your dentures, especially the lower denture, can and will move. Getting use to your new dentures takes time and practice. It may take 6 to 8 weeks for things to feel normal and to “re-train” your lips, tongue, and cheek muscles to wearing dentures.

WHAT TO EXPECT

EATING:

- Start with soft foods (fish, cheese, eggs, chopped meat, cooked vegetables, etc). After a few days, add harder foods for a more normal diet.
- Biting into food will cause the top denture to tip forward. Slice/cut your food into small pieces.
- Chew up-and-down, NOT side-to-side. Dentures are not designed for “grinding.”
- Chew slowly on both sides at the same time – this will stabilize the dentures when eating.
- Be careful to avoid very hot foods/drinks. Dentures decrease the ability to feel temperature.
- **Practice at home before eating in public**

SPEAKING:

- Practice talking by reading aloud or talking to yourself at home and in the car. Speaking in front of a mirror can help you “re-train” how to position your tongue and lips.
- Swallow before talking to “set” dentures in place. Speak slowly when “re-training” the muscles.
- The “S” and “F” sounds may take the longest to re-learn.
- There may be more saliva in your mouth the first few weeks. This will go away with time.

SORENESS & ADJUSTMENTS:

- It is NORMAL for dentures to cause sore spots and require adjustments. It may take 1 or more visits after you go home with your dentures to make things comfortable.
- New dentures may need “glue.” Poligrip© or Fixodent© can be used to help secure dentures in place for everyday use. They can be found at most stores and pharmacies in the dental care aisle.
- A procedure called a “reline” may be needed if dentures become too loose after several months.

HOW TO CARE FOR YOUR DENTURES

Keeping your dentures clean is very important. Just like natural teeth, dentures can get plaque/tartar build up and can grow bacteria and fungus.

- ❖ Before cleaning, lay a towel in the sink – dentures can easily break if dropped.
- ❖ Rinse your denture under warm water after each meal to remove food.
- ❖ Brush your dentures daily with warm water, baking soda, and a soft tooth brush.
- ❖ When not wearing your dentures, keep them in water or denture solution.
- ❖ **DO NOT** use bleach to clean or soak your dentures. A denture cleaning tablet can be used several times a month to remove stains and plaque/tartar. Efferdent© and Polident© can be found at most stores and pharmacies

Give your gums a break – never sleep with your dentures in place (unless instructed to do so by the dentist). Your tissue needs to “breathe” to prevent bacterial and fungal infections.

- ❖ Brush your tongue and wipe your gums with a dampened washcloth 2 times a day. It is recommended to rinse with warm salt water once before bed.

If you have a partial denture, you still need to brush your natural teeth 2 times a day. Your teeth can still get cavities and you can still develop periodontal/gum disease while wearing dentures.

- ❖ Use a separate tooth brush to clean your denture and your natural teeth

Never try to adjust or repair your dull/partial denture yourself. This will make it difficult or impossible for the lab to fix them.

Always bring your dentures to your dental appointments so the dentist can check the fit.

STAY POSITIVE – LONG TERM SUCCESS OF DENTURES TAKES SOME PATIENCE