



Denture or Partial Dentures Post Operative Instructions

- * 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.
- * Start slowly with a new denture. Eat easier softer foods first before attempting to chew more challenging foods. Also, practice speaking with your new teeth. Even if your new dentures are very similar to a previous set, there will be differences that will require you to learn to eat and speak all over again.
- * Dentures will not fit as well as 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 likely be asked to return to have Dr Samuelson reevaluated your denture or partial. Any soreness of the gum tissue, looseness, difficulties with chewing, or difficulties in speech can be evaluated. At that time doctor can make any necessary adjustments or give you suggestions for dealing with any concerns that you have.
- * The most important way of caring for your dentures is to brush them at least once a day--inside and outside. You can use a soft toothbrush or a denture brush. Using an over-the-counter or on-line products such as denture tablets, once a week (ex: Polident or Sparkle Dent) will help keep denture or partial clean and bright.
- * Take care not to drop your dentures when cleaning them. It is helpful to clean your dentures over a washcloth or over a sink full of water to prevent breaking the denture if dropped.
- * Dentures require regular professional care. We suggest that all denture patients have their dentures and gum tissue checked on a yearly basis. This assures that any problems are identified and corrected 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.
- * Most often, it is best to sleep with dentures out of the mouth. This gives the tissues of the mouth a rest too. In some instances, a patient's jaws or muscles need to support of dentures at sleep. These patients will feel better sleeping with their dentures in place.
- * If you have existing dentures and have any questions about the fit or appearance of your teeth, call the office for an evaluation appointment today!

Caring for your Dentures

*It's important that your dentures, like natural teeth, be kept free from plaque and tartar. This prevents permanent staining and bad breath. Use a denture brush and one of the many commercial cleaning products to thoroughly clean all the surfaces of your dentures at least once a day.

***Using a soft bristled toothbrush**, brush your remaining teeth, as well as your tongue, palate, and gums. This not only removes plaque but keeps your breath fresh, but it stimulates circulation, keeping your natural teeth and tissues healthy.

***Tough stains and tartar can be removed** by soaking your dentures in white vinegar for several hours, using an over-the-counter denture cleaner or using Sparkle Dent, a product you can purchase online. After you've cleaned your dentures, always remember to rinse them with water before placing them in your mouth.

***Whenever they are out of your mouth**, dentures should be stored in a sealed container with water. Please make sure your denture or partial is placed in an area your pets can not get them. Pets will chew your denture or partial and it is likely you will need a new one.

***Your gums need a period of rest** to remain healthy, so please do not wear your dentures to bed at night.

***See us routinely for examinations** to ensure that your dentures fit properly, and your mouth stays healthy.

***Always let us know** right away if you notice any changes in your bite, fit or gum tissue.