

## Patient Instructions - Denture Care

- Insertion and Removal. We will assist you in learning how to properly insert and remove your dentures. Do not force the denture in or out, and do not bite down to insert the dentures as this may cause damage.
  - Every effort is made to create dentures that are retentive without the need for adhesive, limiting factors may include the remaining tissues and ridges.
  - If adhesive is required, place only three pea-sized or smaller dots of adhesive.
- Along with any new dentures come many adjustments. With practice, you will learn quickly to adapt your speech, smile, and eating. Your tissues will also adapt to the new prosthesis, and adjustment appointments will be necessary as they do. If you have existing dentures, it is important to avoid using the old dentures such that you can adapt to the new dentures.
  - Reading aloud may accelerate the speech adaptation process.
  - If areas of the mouth are sore, warm salt water rinses are encouraged.
- A soft food or liquid diet is necessary for the beginning stages of adapting to new dentures. With time you will likely be able to return to a normal diet, possibly with some alterations.
  - Cut food into small pieces and eat slowly.
  - Avoid incising with the front teeth as this can damage the dentures or cause tipping of the denture.
  - Try chewing vertically rather than horizontally, and with both sides rather than just one.
- Always remove dentures overnight or during sleep hours to allow the tissues to breathe and recover. During this time (and any other time the dentures are not being worn) the dentures should be soaked in water.
- Cleaning. Dentures require at least once daily brushing with a soft bristled denture brush. Dentures should be removed after each meal at which time the mouth and the denture to be rinsed with water to remove debris. If possible, denture brushing and tooth brushing should also be performed at this time.
  - Avoid the use of toothpaste or bleach as these may damage the dentures.
  - Effervescent denture cleaners can also be used once daily.
  - Clean over a water-filled sink or a towel to soften a fall if dentures are dropped.
- Checkups and Adjustments - All patients should return for regular appointments to examine the condition of the dentures and the supporting teeth and/or tissues. Even patients with complete upper and lower dentures may require periodic radiographs.

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