

**REMOVABLE PROSTHODONTICS – DENTURES
IMPLANT OVERDENTURES**
Post-Care Instructions

You've just had an implant overdenture delivered and your mouth will need time to get used to it.

The care of the Snap on Denture is very important from the first day, so here we leave some tips that will be useful

Day 1 with Implant Overdentures:

Day one is the beginning of the relationship with your new companion "snap in" overdenture, try to eat small and soft things, as time goes by and you gain confidence test meals that require a little more effort to ingest them. You may elect to use adhesive paste initially both to hold and avoid food remains between the gums and the overdenture while you get used to the attachments.

The most important part - how to get them in and out:

To "snap" the overdenture into the implants: align the denture housings with the implant attachments and use gentle finger pressure with two hands to snap into place. DO NOT BITE INTO PLACE as this may damage the overdenture or cause discomfort.

To "unsnap" the overdenture from the implants: use two hands and gently push away to remove.

If you have difficulty placing or removing your "snap in" denture into your implants, please call us.

Here are some tips for "snap in" denture care:

- **Brushing:** Brushing is essential in both denture care and your gums. Use toothpaste to your liking but always use soft brushes. When you remove the "snap in" dentures, gently brush in and around the implants and attachments being extra careful with the attachments.
- **Soaking:** it is recommended to remove your "snap in" dentures at night. Soak them in a denture cleaning solution once a week to remove stains and bacteria that is difficult to remove with the tooth brush.
- **Rinse:** rinse your overdentures with cool water and dry them carefully.

Day 2-29 with Implant Overdentures:

Your mouth is adapting to the new denture, you will notice that you produce more saliva, which will be something normal try to have the dentures in as long as possible unless the dentist has told you or put a restriction. You will over time get more used to eating more foods. You should still generally avoid eating anything too sticky or hard.

3 Months+ with Implant Overdentures:

It is recommended to go to your dentist regularly (every 3-6 months) to clean the overdentures and perform implant maintenance. The attachments on the overdentures may need to be changed overtime to effectively maintain their functionality. The overdenture may need to be replaced overtime as well.