

REMOVABLE PROSTHODONTICS – DENTURES
IMMEDIATE, FULL, PARTIAL
Post-Care Instructions

You've just had a denture delivered and your mouth will need time to get used to it.

New Dentures:

- 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 again.
- Dentures will not fit as well as they can 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 generally be instructed to return to your dentist for a check. Adjustments can then be made based on your experiences. Any soreness of the gums, looseness, difficulties with chewing, or difficulties in speech can be evaluated. Your dentist can then 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 out! You can use a soft tooth brush or special denture brush. Do NOT use any tooth paste or abrasive materials. Occasional soaking in a denture cleansing solution can also be helpful. Generally, soaking on a weekly basis followed by a thorough brushing will be adequate.
- 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 the dentures that will keep them working and fitting well for a longer period of time.
- Always remove dentures at night when sleeping. This gives the tissues of the mouth a chance to breathe, and will help avoid bacterial and fungal colonies from developing under your dentures.

Immediate Dentures:

As reviewed previously, immediate dentures are more complicated to create as they are fabricated prior to the removal of existing teeth and therefore there is some amount of "guess work" and variability. Your dentures may become much looser in the initial months and require adjustments and relines and sometimes replacement 6-12 months following delivery.

You will have several follow-up appointments following the extractions/delivery appointment to check healing and adjust for any sore spots as your jaw bone changes.

Partial Dentures:

Partial dentures must be removed 2-3 times per day and the remaining teeth brushed and flossed, as the partial denture will not protect remaining teeth from decay or periodontal disease.

Ongoing Trouble with Dentures and How Implants can Help:

Following tooth extraction without implant placement, your jaw bone will continue to deteriorate, requiring further ongoing adjustment. Dentures may give you sore spots / pain and impact your ability to eat, speak, and smile confidently. If you struggle with your dentures overtime, and you are not alone, implant supported solutions including implant overdentures and fixed arch can help transform your life. Implants may still be possible even if you've lost jaw bone over time. Call us today and we can get you scheduled for a consult.