

CARE INSTRUCTIONS

complete dentures

Denture Adjustments

With the introduction of anything new in your mouth, making more than one appointment for adjustments may be necessary. Please let us know immediately if you have sore spots and make an appointment to see us. We will try to make denture-wearing as comfortable as possible for you. Adjustments during the first three months after insertion of the denture will be free of charge. Any adjustments required beyond three months may have a charge.

Removable

It is essential to remember that your teeth are removable and should be removed for cleaning at night unless otherwise recommended. This allows the gum and bone tissue to “breathe” and takes pressure off the bone, especially during sleep when most people put extraordinary force on their teeth.

Cleaning

Remove and brush your denture with a denture brush after each meal, if possible. You can use water or a denture-specific paste or foam such as Polident Fresh Cleanse Foaming® on the brush. Do not use regular toothpaste. At night, the dentures should be removed and soaked in water or a denture cleaner like *Novadent Denture and Dental Appliance Cleaner®*. For your convenience, denture brushes, cases and *Novadent* are available for purchase at the office.

Chewing

We recommend you start with softer foods for the first few weeks until your tongue and muscles adapt to your new dentures. With time, most people accommodate and are able to eat a variety of foods.

Speech

Dentures cover areas of the jaws and palate that are generally exposed. Most patients will adapt to the new prosthesis within two weeks, although some patients do require more time. We recommend reading or singing aloud for several days in order to allow your speech to accommodate to your new teeth.

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Maintenance and Follow-up

If you have no teeth and wear complete dentures, we would like to see you once a year for a check-up. This will allow a thorough examination of your hard and soft tissues as well as a complete oral cancer screening. It allows for an evaluation of the fit of your dentures and the possibility of the need for a denture reline. Your bite can also be evaluated, and the degree of wear on the denture teeth can be assessed. If you have any teeth remaining, we request to see you at least twice a year for a check-up and cleaning, at which time we will also check your dentures.

Relines, Repairs, New Teeth and New Dentures

In time, you may lose bone under your denture, which may cause your denture to feel loose. A reline is a procedure that can refit your existing denture by resurfacing the inside to fill in where bone has been lost. Relines are usually recommended every 3-5 years or sooner if teeth were recently extracted or a soft liner has been used.

Occasionally, a denture tooth may chip, crack or wear down. If this happens, please call our office and bring your denture in so the tooth in question may be repaired or replaced. This may require an outside laboratory; therefore, you may be without the denture during its repair.

As no dental appliance will last forever, making a new set of dentures may be necessary. Our experience has been that every ten to twelve years is standard and an excellent time to consider replacing dentures with new ones.