

## CARE FOR YOUR DENTURES

1. Soreness may develop at any time. It may appear the first day or much later. If the soreness persists arrange an appointment while the mouth is still sore. Your dentures can be more accurately adjusted if they have been worn for the past 24 - 48 hours.
2. Your dentures may give a feeling of fullness. This is natural and a common experience. The muscles of the tongue, cheeks and lips tend to displace the denture, but in time, these same muscles can be trained to assist in keeping the dentures in place. The lower denture is usually more difficult to learn to use than the upper. Do not invite criticism from friends until your muscles are trained to manipulate them.
3. Infinite patience is required to learn to eat with your new dentures. It has been shown that dentures are only about 25% as efficient as natural teeth. First you must become accustomed to having dentures in your mouth. Then begin with soft foods, those easy to chew, gradually learn to eat other foods. Take small bites and chew slowly. Try to overcome difficulties as they appear. Distribute the food evenly on both sides and chew on the back teeth. To bite into an apple, corn on the cob, etc., apply pressure backward and upward against the front teeth, with the apple or corn on the cob, when closing. Be sure teeth have penetrated the food before relieving the backward pressure.
4. Reading aloud is a good way to learn to talk and enunciate clearly. Avoid movements of the lips, tongue and cheeks that tend to displace the dentures. Avoid speaking much in public until your muscles have accommodated to your new dentures.
5. Clean your dentures several times a day. A “denture” brush can be purchased at any drug store. the bristles are stiffer than a toothbrush and shaped for use on dentures. There are many good commercial cleaning powders and pastes on the market today. Be sure to follow the manufacturer’s directions. If you wish, you may soak your dentures in a commercial denture cleaning solution for a minimum of 15-30 minutes a day.

For stains, which may develop, a mixture of 1-tablespoon Clorox or 1 tablespoon Calgon in 1 glass (8 oz.) water may be used. Soak the dentures in the solution 15-30 minutes. Then thoroughly clean with a brush, soap and water. Do not use the solution routinely in place of regular denture cleansers. Do not use Clorox on any metal partial denture, as it will damage the metal. If your dentures become badly stained, you may wish to come back to the office for advice or assistance. To remove hardened calculus or tartar soak your dentures overnight in a solution of half vinegar and half water. Do not use scouring powders or harsh abrasives, as these will scratch the surface of the dentures. Do not place the dentures in hot water as this will warp or discolor the dentures.

6. We recommend you leave your dentures out of your mouth at night to allow the oral tissues a chance to rest. If that makes you feel uncomfortable, leave them out 3-5 hours during the day. Place the dentures in cool water when not in the mouth. When your dentures are not in your mouth, this is an ideal time to soak them in a denture cleanser.
7. Certain changes known as shrinkage or resorption of the ridges under the dentures will probably occur. this may cause a settling of the dentures, resulting in a change in facial expression and soreness. The dentures may not fit the ridge as tightly as before. the length of time which elapses before these changes occur varies. For this reason, you should have periodic check-ups to see if your dentures need relining or other changes.
8. Immediate Dentures - Immediate denture wearers should note the following general measures:
  - a. Do not remove your denture for the first 24 hours after extractions and insertion.
  - b. If excessive bleeding occurs, call your dentist. Do Not remove your dentures as these act as a splint or bandage.
  - c. The dentist will remove your immediate denture at the 24 post-surgical appointment and begin adjustments of your denture for comfort and bite.
  - d. After 24 hours, you should remove your dentures and rinse with warm salt water 3 or 4 time a day. Try not to leave you denture out more than five minutes or you may not be able to reseat your denture.
  - e. After several days, when most of the post-surgical swelling has subsided, you should start

leaving your denture out at night.