

DENTURE POST CARE

CLEANING:

- If possible, dentures should be cleaned twice a day and rinsed after each meal. To clean your denture, use cool water, a denture brush and liquid soap OR denture cleansing cream. **NEVER USE TOOTHPASTE or HOT WATER.** Toothpaste is an abrasive, and will wear away the teeth and hot water may cause your denture to warp.
- Clean dentures over a towel or basin of water to protect them from breaking in case of dropping. When cleaning the lower denture, do **NOT squeeze** the 2 ends together; instead, hold the lower denture in the middle to help prevent breaking.
- To help remove tiny particles in crevices of your denture that brushing cannot reach, soak your dentures in water or with a tablet (Polident). This may also help to remove odor-causing bacteria, as well as helping to prevent warping of your denture from lack of moisture. If tablets are not available, room temperature water is sufficient.

GETTING USED TO YOUR NEW DENTURES:

- Be prepared for your lower denture to feel much looser than your upper, this is normal. Over time, your facial muscles will adjust to the denture and help with retention of the lower.
- Initially, dentures may be irritating and cause some soreness, but eventually as your mouth becomes accustomed, the irritation will gradually decrease.
- It is not unusual for the denture to cause sore spots during the first few days. If the pain is unbearable, remove the dentures and replace with previous dentures. It is VERY IMPORTANT, however, that you wear the NEW dentures several hours prior to your next appointment. This will allow the practitioner to alleviate the soreness.
- Speech is sometimes affected, however this will rapidly correct itself.
- When eating, take small mouthfuls and chew on both sides of your mouth. Try NOT to chew with your front teeth.
- Dentures should **NOT** be worn **OVERNIGHT**, with the exception of the first 2 days. This will help you become familiar with your new dentures. Continuously wearing dentures at night may cause decreased blood flow through your gums.