

Post-Operative Instructions for Dentures



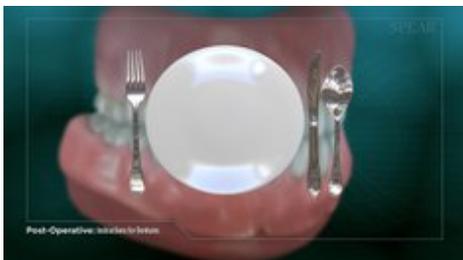
After your dentures are completed, it is important to follow these care instructions to ensure proper care for your gum tissue and for the long-term success of your new prosthesis.



Dentures can take a few days to settle onto the tissues of your mouth. First-time denture wearers may experience a longer period of adjustment, generally several weeks, before adapting to their new prosthesis.



Your denture may feel bulky in your mouth, your tongue may feel crowded and you may notice more saliva, but these feelings will subside over time.



For the first few days, try to wear your dentures for long periods of time, eat soft foods and chew foods in small bites. Over time you can add more solid food to your diet.



If your denture tips while chewing, place food on both sides of your mouth to stabilize the denture while chewing. If food get under the denture, simply rinse with cool water.



Talking with your new denture may be difficult at first. Although time will help you overcome these obstacles, speaking more slowly can help you announce sounds that are particularly difficult. If you continue to struggle, reading aloud or in front of a mirror can be helpful.



After several days, your doctor may have you return to review any soreness of the gums, looseness, difficulties chewing or speech issues.



Your doctor can make any necessary adjustments at this time to ensure your denture is fitting properly.



You should not sleep with your dentures in your mouth. Allowing your gum tissues and underlying bone a break from denture wear each night will help prevent tissue irritation, infection, and future bone shrinkage.



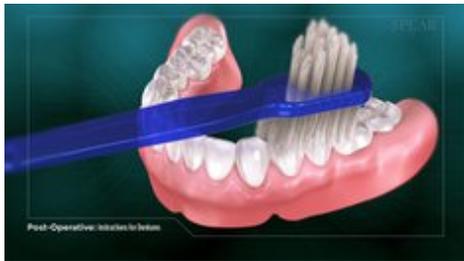
It's important to begin taking proper care of your dentures right away. If your dentures are not cleaned properly they can become damaged and develop bacterial deposits.



When cleaning your dentures, always make sure to handle them with great care.



Make sure to brush and rinse your dentures daily with water and a nonabrasive denture toothpaste to remove plaque and food particles. This will help prevent bacteria growth and permanent staining.



It is very important to avoid using abrasive cleaning materials on your dentures, hot water, or any bleach-based products.



You should also remove and rinse your dentures after eating to get rid of any food debris.



To stay in proper condition, most dentures must remain moist. At night, place your dentures in water or a denture-soaking solution.



Scheduling regular checkups with your doctor is an important part of denture care. Your doctor will advise how often you should have your dentures professionally cleaned, and to have them checked for proper fit.



If you are experiencing persistent pain or irritation, having speech issues, looseness, soreness or if your bite feels uneven, it is important to contact your doctor's office for assistance.

