



FULL DENTURES HOME CARE INSTRUCTIONS

CLEANING DENTURES

- Dentures can break, so place a wash cloth in your sink or fill the sink with water, and then clean your denture over the sink, just in case they slip out of your hands by accident.
 - Rinse denture thoroughly with warm or cool water to remove all loose food particles.
 - Use the denture brush provided or a soft bristle brush.
 - Do not use bleach or harsh detergents.
 - Brush all surfaces thoroughly.
 - Rinse dentures well under running water.
 - Remove dentures and soak overnight while you sleep.
 - Brush your gums, tongue, and palate with a soft toothbrush.
 - Never wrap your denture in tissue, as you might forget and toss out the denture.
 - Always store your dentures in a moist environment in the denture tub provided.
- 1) Visits for **regular checkups** of the soft tissue of the mouth and gums are needed routinely. At this time, we will check the fit of the dentures and clean them as well.
 - 2) **Learning to wear a new denture can take time.** Don't become discouraged if you experience difficulty in the beginning. Your dentist will help you through any difficulties during your adjustment period.
 - 3) **A lower denture usually takes more time to adjust to than an upper denture.** The tongue may feel restricted and will tend to play with the prosthesis.
 - 4) **It is natural to experience a "full mouth" feeling.** Expect to have excessive saliva flow the first couple of days.
 - 5) **Reading or singing out loud** will help in reducing any minor speech problems, which sometimes result with wearing a new denture.

- 6) **Eat soft foods for the first couple of days.** It is normal to experience some discomfort associated with sore spots during the adjustment period.
- 7) **If sore spots develop,** call the office to schedule an appointment for an adjustment of the denture.
- 8) **Never try to adjust the dentures yourself.** If your dentures are damaged, you will be responsible for the repair fees and/or fees for a new set of dentures

You made a great decision investing in yourself. Please reach out to us with any questions or concerns. Thank you for trusting us with your dental care!