



OVERDENTURES (“SNAP IN DENTURES”) HOME CARE INSTRUCTIONS

Congratulations, you have just received your new implant-retained denture or overdenture! In order to protect your investment, it is important to have good home care for both the denture and the implants. The following points will help ensure your success:

- 1) **Rinse denture** thoroughly with warm or cool water to remove all loose food particles.
- 2) **Use the denture brush** provided or a soft bristle brush and brush all surfaces thoroughly.
- 3) **Do not use bleach or harsh detergents.**
- 4) **Rinse dentures** well under running water.
- 5) **Brush the implants** with a toothbrush and toothpaste at least once a day. Plaque can build up on the implants just as it does on your teeth. Implants, just like teeth, can develop gum disease.
- 6) **Leave the denture out at night** to give your gum tissue a rest from being covered. Soak the dentures in a denture bath with clean water and a cleansing tablet. (Cleansing tablets can be purchased at your local pharmacy or grocery store).
- 7) **Brush** your gums, tongue, and palate with a **soft toothbrush**.
- 8) **Never wrap** your denture in tissue, as you might forget and toss out the denture.
- 9) **Always store** your dentures in a **moist environment** in the denture tub provided.
- 10) **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.
- 11) **Keep hygiene visits** with our office at least **every 6 months**. In addition to checking your mouth for infection and oral cancer during these hygiene visits, we will evaluate the fit of the denture, integrity of implants and condition of the retention caps.
- 12) **You may notice that the denture is loose and does not “snap” into the implants.** The retention caps may need to be replaced. On average, retention caps require replacement every 3-6 months. Please reach out to us if you notice this so we can evaluate if the retention caps need to be replaced; this service can easily be done in the office.

You made a great investment in yourself. Reach out to us with any questions or concerns. Our experts are here to help you.