

Spring Hill Dental

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DENTURE CARE & INSTRUCTIONS

Adaptation

- **Break-in Period:** Expect feeling bulky, excess saliva, and mild soreness initially (~4wks)
- **Eating & Speech:** Speaking will get better with time. An initial lisp is normal. Start with soft foods, chewing small bites evenly on both sides.

Insertion & Removal

- **Use Fingers Only:** Seat and remove the appliance using your fingers with gentle pressure.
- **Do Not Bite Firmly into Place:** Biting your denture into place can bend metal clasps, fracture acrylic, or damage natural anchor teeth.

Daily Cleaning

- **Brush Daily:** Clean after meals using a soft-bristled brush and mild dish soap or liquid hand soap over a sink filled with water or a towel to prevent breakage if dropped.
 - **No Toothpaste:** Abrasive toothpaste scratches acrylic, causing staining and bacteria buildup.
- **Hygiene for Partials:** Brush and floss natural teeth 2x/day. Plaque trapped under clasps leads to rapid decay.

Overnight Storage & Damage Prevention

- **Remove at Night:** Take appliances out for 6–8 hours daily to prevent tissue inflammation and fungal infections.
- **Keep Moist:** Store in cool water or denture cleanser. Never let acrylic dry out, and never use hot/boiling water, which causes warping.
- **Do Not Attempt Self-Repair or Glue:** Never use superglue or household adhesives to repair a broken denture or partial, as this prevents a proper professional repair.

When to Call

- Contact the office for painful sore spots, loose fit, bent clasps, or broken acrylic. Do not attempt to adjust, bend, or repair the appliance yourself.