

**COMPLETE DENTURE POST-OP INSTRUCTIONS**

**Adapting to Dentures**

The early weeks of denture wearing can be quite a challenge. You may try various finger positions and ways to dislodge your denture (i.e. pulling on only the left or right side of the denture to remove it). Also try placing your thumb against the front teeth and press upward and outward toward your nose. Soon you will be able to place and remove your denture without even thinking about it. To remove a lower denture, slowly pull on the denture while applying a rocking motion.

Eating will take practice. Start with soft foods cut into small pieces. Chew slowly using both sides of your mouth at the same time to prevent dentures from tipping. As you become accustomed to chewing, add other foods until you return to your normal diet. Continue to chew food using both sides of the mouth at the same time.

Pronouncing certain words may require practice. Reading out load and repeating troublesome words will help. Reading the newspaper out load is the best practice or try singing in the car. If your dentures “click” while you are talking, speak more slowly. You may find that your dentures occasionally slip when you laugh, cough, or smile. Reposition the dentures by gently biting down and swallowing. If a speaking problem persists, an adjustment may be needed.

**Caring for your Dentures**

Dentures are very delicate and may break if dropped even a few inches. Stand over a folded towel or a basin of water when handling dentures. When you are not wearing them, store your dentures away from children and pets. Dogs love to chew on dentures.

Like natural teeth, dentures must be brushed daily to remove food deposits and plaque. Brushing helps your mouth stay healthy. It is best to use a brush designed for cleaning dentures. A toothbrush with soft bristles can also be used. Avoid using hard bristle brushes that can damage dentures. Gently brush all surfaces of the denture and be careful not to damage the plastic or bend attachments. In between brushings, rinse your denture after every meal.

When cleaning, we recommend a denture cleanser. These can be found at any grocery store or pharmacy. Household cleansers may be too abrasive for your dentures and should not be used. Also, avoid using bleach as this may whiten the pink portion of the denture. Dentures need to be kept moist when not being worn, so they do not dry out or lose their shape. Never place dentures in hot water, as this can cause them to warp.

Due to the healing process and the change of bone contours, several follow-up adjustment appointments will be needed. Remember this is an interim denture and you cannot expect a perfect fit or look. Relines may be necessary and the cost for this is NOT included in the initial denture fee. Never attempt to adjust or repair the denture yourself. Any adjustments needed are at no charge to you.