DENTURES

Post-Operative Instructions & Care

Restoration DENTAL STUDIO

- **Be sure to keep your denture(s) in place as much as possible during the first 24-48 hours to help your gums adjust and ensure that they stay in position.** If you experience soreness, you may temporarily remove them to relieve pressure, but try to wear them as much as you can. To manage discomfort, you may take over-the-counter pain relievers as needed. **Please reference the attached sheet for recommended dosages for over-the-counter pain relievers.**
- **It is normal to experience some discomfort, irritation, or pressure as your mouth adjusts.** This should improve over time if you are wearing your denture(s) consistently.
- You may notice increased or decreased saliva production when you first start wearing your denture(s). This is a normal reaction as your mouth adjusts to the appliance(s).
- You may have received adjustments to improve the fit of your denture(s). **If you develop any sore spots, which is expected with new dentures, or have persistent pain, please contact our office.**
- **Stick to soft foods for the first few days,** such as yogurt, mashed potatoes, soup, scrambled eggs, etc. Avoid hard, crunchy, or sticky foods that may damage or dislodge your denture(s). **When eating, chew slowly and use both sides of your mouth to distribute pressure evenly** - this will help avoid shifting or discomfort.
- Please keep in mind that dentures are an adjustment, especially if you've never had one. They are not a replacement for teeth, and only give about 10% of the chewing capacity of normal teeth. They are a replacement for no teeth, and may take time to get used to. The more you wear the denture(s), the quicker you may adjust, but it may take months. Additional treatment options may be discussed.

Cleaning & Maintenance

- Remove your denture(s) at night to give your gums a rest. Clean them thoroughly with a soft brush **using a denture cleaning tablet** and room temperature water.
- Always put a wash cloth in the sink when cleaning your denture(s). If dropped on a hard surface, dentures can break.
- Be sure to also clean your gums, the roof of your mouth, tongue, and any remaining teeth (if applicable) as you normally would to remove plaque and bacteria.
- Rinse your denture(s) after eating to remove any food particles.
- Store your denture(s) in a glass of room temperature water or denture solution when not in use to prevent them from drying out or losing their shape. **Do NOT use hot or boiling water, as it may cause the denture(s) to warp.**

Ongoing Care

- **It is important to maintain your regular 6 month appointments with our office to ensure your gums and oral health remain in good condition as well as have your appliance cleaned.**
- **This is also so that we can check the fit of your denture(s) and make adjustments as necessary, as the shape of your gums and jawbone can change over time.**
- Limit beverages that may have the potential to stain your denture(s) with regular consumption, such as coffee, tea, or red wine. Smoking may also stain your denture(s).
- If using denture adhesives, follow the instructions provided. Avoid overuse, as it can cause excess pressure on your gums or make it difficult to remove your denture(s).

You may contact our office with questions or concerns at (219) 476-3100.