

Dentures Post-Operative Instructions

- Most new dentures require an adjustment period during which the dentist and patient work together to obtain optimal fit and comfort.
- Start slowly with a new denture. Begin by eating soft foods before attempting to chew more challenging foods, and also practice speaking with your new teeth. Although your new dentures may seem similar to a previous set, eating and speaking with your new dentures will require practice.
- Initially, dentures may not fit as well as you expected. It generally takes several days for a new set of dentures to settle into the tissue of the mouth.
- Generally, after several days of trial wear, you will be required to return to your dentist for a checkup. During this visit, sore gums, looseness, and difficulties with chewing or speech, will be evaluated and your dentist will make necessary adjustments, and/or suggest steps you can take to achieve optimal performance.
- The most important way to care for your dentures is to brush them at least once a day – inside and out! You can use a soft tooth brush or special denture brush. Either regular toothpaste or denture cream will work well.
- In addition to brushing daily, soak your dentures on a weekly basis followed by a thorough brushing.
- Take care not to drop your dentures when cleaning them. It is helpful to clean your dentures over a washcloth or over a sink full of water to prevent breakage if dropped.
- Dentures require regular professional care. We suggest that all denture patients have their dentures and gum tissue checked on a yearly basis. This assures that any problems are identified and corrected before the patient develops irritation or damage to their oral tissue.
- Adjustments and relines are recommended as preventive care to achieve optimal function and comfort from your dentures.
- In some instances, a patient's jaw or facial muscles require the support of dentures while sleeping. In most cases, however, it is best to remove your dentures before bed, and give your oral tissues a rest.
- If you have existing dentures and have any questions about the fit or appearance of your teeth, call the office for an evaluation appointment today!