

DENTURE CARE INSTRUCTIONS

The dentures you have received are meant to replace your missing teeth and to assist you in keeping your oral cavity in good health. It is intended to support your jaw, increase your chewing ability and improve your appearance. Most individuals will become accustomed to wearing dentures within a few weeks, however for others it may take a few months. It is our hope that you are satisfied with your new dentures and with the work you have received. If you are having problems, please call the office at (630) 420-9090.

DAILY CLEANING

- Must be cleaned every morning & every evening
- Must be rinsed after each meal
- Clean dentures with a brush, denture toothpaste, mild soap, or baking soda
- If you cannot clean stain, debris, or discoloration on the dentures, it is advisable to have your dentures checked & professionally cleaned by your dentist
- Clean over a basin of cold water or a soft cloth as dentures can break if dropped on a hard surface
- Place dentures in solution or water when they are not in your mouth— always keep them moist
- Everyday dentures should be taken out so that the tissues can rest (do not sleep in your denture)
- In addition to brushing the dentures, brush your gums & tongue with a regular soft toothbrush & massage your gums with clean fingers

USING YOUR NEW DENTURES

- **Eating & Chewing**
 - o Dentures without implants are not anchored in bone & move very easily
 - o If all of the food is chewed on one side, the dentures may unseat— use your tongue to divide the food onto both sides & chew simultaneously to help stabilize the dentures
 - o Biting food can be more difficult & things may need to be cut up
 - o Do not chew regular chewing gum as it will stick to the plastic
- **Saliva**
 - o Provides better adherence of the dentures to the gums, cushions gums during chewing, lubricates tissues & helps swallow food
 - o May notice an increase in saliva during first week (this is a natural reaction and will be balanced out in a week)
- **Speaking**
 - o It takes several weeks to get used to speaking with the new denture
 - o Practice privately by reading aloud & listening
- **Looseness**
 - o New dentures usually fit well & can be adjusted if there is a lack of retention
 - o Try to keep your tongue relaxed & resting around the inside of the lower denture so as not to dislodge it
 - o Use your cheeks & facial muscles & tongue to keep the denture in position
 - o Yawning, sneezing, coughing, opening too wide, or putting your tongue under the lower denture can unseat the dentures

- **Dental implants** can be utilized to prevent denture movement and provide a more functional denture— if interested, talk with your dentist
- **Wear**
 - Excessive grinding will wear down teeth & the underlying bone creating a poor-fitting denture
 - May require dental adhesive
- **Soreness**
 - All new dentures should be checked for initial sore spots & adjusted by the dentist
 - The 1st 2 weeks are most important— it's important to come back in for adjustments— **never try to adjust them yourself!!!**
 - If you do not get the dentures adjusted by the dentist, gum tissues may overgrow or develop an infection
 - If you are sore, take the dentures out & let the area heal— keep the dentures soaking & rinse your mouth with warm salt water to help healing
- **Repairs**
 - **Dentures do break**
 - If you have the broken pieces, place them in a bag of water and bring them in.
 - **Do not try to repair the broken dentures yourself**

CHANGES IN YOUR HEALTH

- When the tissues in your mouth change, the dentures will need to be relined, rebased, or even remade— a fee will be charged for these services & you may need to be without your denture for a short period of time
- Notify dentist of the following:
 - More than 20lb change in weight
 - Changes in medications or dosages
 - New problems are diagnosed, such as diabetes, high blood pressure, cancer, etc

YEARLY CHECKUPS

- Every mouth is different and every denture has limitations— adjustments will need to be made periodically & are generally included for the first six months after delivery at no additional cost
- Most dentures last longer with regular maintenance & checkup appointments
- Yearly checkups & denture cleanings are strongly recommended— call for your **annual checkup appointment** to have the dentures professionally cleaned, a thorough examination of your mouth & to check the fit of the dentures