

Post – Operative Instructions for Removable Prosthetics (Dentures, Partials, and Immediate Denture)

New dentures always require a period of adjustment. First-time denture patients may require several weeks to get used to their new appliance. Speech may be altered and may require retraining the tongue and lips. You may bite your cheek/tongue, or not be able to eat as well at first. The more you wear your new dentures, the faster you will adapt to using them.

For the first few days, you should wear your dentures as long as possible and chew soft food in small bites. To avoid rocking, eat on both sides equally. Remember, dentures do not have the same chewing efficiency as natural teeth and may affect the taste of food. It is not unusual for sore spots to develop in isolated areas of the mouth. We will likely need to adjust these spots several times. If your bite feels uneven after several days, we can adjust your new denture for better comfort. **Please contact us for an appointment.**

Proper cleaning of your denture is important to prevent stains and bacteria from accumulating on your appliance. It's best to use a brush designed for dentures as well as a denture cleaner rather than toothpaste, because some may be too abrasive for dentures. Do not wear your denture to bed. It is important to allow your gum tissue and jaw bone to rest in order to prevent further tissue irritation, infection, and future bone shrinkage.

Over time, or with weight loss or gain, the supporting gum tissue and bone may change shape and size. Periodic relines of your denture may be necessary to ensure a retentive fit. Denture teeth may wear or chip over time. For this reason, an annual check of your tissue and denture is recommended.

Immediate Denture: For patients wearing an immediate denture do not remove the denture for the first 24 hours after extractions. Follow all the post-operative instructions for extractions. After 24 hours you may remove your denture briefly for cleaning but continue to wear continually the first 48hrs. After 48 hours remove at night. You can use Fixodent except in extraction areas. Keep all your follow up appointments. Your denture will loosen as your gums and bone heal. At this stage, you will need to come in for a reline appointment for a better fit of the immediate denture.

If you do not wear your partial, immediate, or regular denture for a period of time, you will notice that it will not fit properly. This is due to the natural changes that occur to your jaw bone. In these cases relining, rebasing or even a new set of dentures will be recommended.

Removable partial or full dentures require proper care to keep them clean, free from stains and looking their best. For good denture care:

- **Remove and rinse dentures after eating.** Run water over your dentures to remove food debris and other loose particles. You may want to place a towel on the counter or in the sink, or put some water in the sink so the dentures won't break if you drop them.
- **Handle your dentures carefully.** Be sure you don't bend or damage the plastic or the clasps when cleaning.
- **Clean your mouth after removing your dentures.** Use a soft-bristled toothbrush on natural teeth and gauze or a soft toothbrush to clean your tongue, cheeks and roof of your mouth (palate).
- **Brush your dentures at least daily.** Gently clean your dentures daily by soaking and brushing with a nonabrasive denture cleanser or water to remove food, plaque and other deposits. If you use denture adhesive, clean the grooves that fit against your gums to remove any remaining adhesive. Do not use denture cleansers inside your mouth. An example of nonabrasive denture cleanser is polident overnight denture cleansers.
- **Soak dentures overnight.** Most types of dentures need to remain moist to keep their shape. Place the dentures in water or a mild denture-soaking solution overnight. Keep in denture case so pets cannot get access to denture. They will want to chew the denture.
- **Rinse dentures before putting them back in your mouth, especially if using a denture-soaking solution.** These solutions can contain harmful chemicals that cause vomiting, pain or burns if swallowed.
- **Schedule regular dental checkups.** Yearly check-ups can help ensure a proper fit to prevent slippage and discomfort, and to ensure the inside of your mouth is healthy.
- **See your dentist if you have a loose fit.** Loose dentures can cause irritation, sores and infection.

Here are a few things you typically should avoid:

- **Abrasive cleaning materials.** Avoid stiff-bristled brushes, strong cleansers and harsh toothpaste, as these are too abrasive and can damage your dentures.
- **Whitening toothpastes.** Toothpastes advertised as whitening pastes are especially abrasive and generally should be avoided on dentures.
- **Bleach-containing products.** Do not use any bleaching products because these can weaken dentures and change their color. Don't soak dentures with metal attachments in solutions that contain chlorine because it can tarnish and corrode the metal.
- **Hot water.** Avoid hot or boiling water that could warp your dentures.