



POST-OP INSTRUCTIONS

DENTURES / PARTIAL DENTURES

It is important to follow these instructions to promote comfort, successful healing and proper adjustment to using your new denture or partial dentures.

IMMEDIATE DENTURES

If you received an immediate denture, it is important to follow the extraction post-op instructions in addition to these instructions.

SORE SPOTS

Please keep your new denture in your mouth for 24 hours to allow your gum tissue to adjust to the new dentures. Sore spots may develop and will be adjusted the next day or within the week during your adjustment appointment. Sore spots may continue to develop as your mouth continues to adjust; if this happens, further appointments will be necessary for adjustment.

CHEWING

Eat soft food for the first few days. Chew slowly and evenly on both sides so you can get accustomed to your denture. The longer you take for a meal, the quicker you will adjust to your denture. Progress to more solid foods as you gain confidence.

SPEECH

Speech can be challenging in the beginning. Practice reading aloud or speaking in front of a mirror for the first week. This will help your speech by training your mouth and muscles to adapt to the new denture.

STABILITY

If denture is not stable, using denture adhesive may help, but may not always work. The mouth continues to adapt and change once teeth are removed/missing. Additionally, the lower denture is not as stable as the upper denture due to the tongue and cheeks. Because of this, relining/remaking your denture or considering implants may be necessary as time goes on.

MAINTAINING DENTURE / PARTIAL DENTURE

- Use a plain toothbrush and water to clean denture – DO NOT use any abrasives like toothpaste or bleach
- If stains occur, use over-the-counter denture cleaner
- Store denture in container of water when not in use
- DO NOT wear denture at night – except for first 24 hours when receiving them
- Follow up with your dentist/hygienist as recommended for maintenance visits

IF YOU THINK YOU HAVE ANY OF THE FOLLOWING COMPLICATIONS, PLEASE CALL OUR OFFICE IMMEDIATELY:

- Severe soreness or pain in the gums or jaw area
- Denture is very loose or has broken