

# Post-Operative Instructions

## NEW DENTURES

**Your First Few Weeks.** New dentures always feel strange when first placed in your mouth. Several days or even a few weeks will be required for you to feel accustomed to them.

**Sore Spots.** Your mouth will most likely have a few sore spots about 24 hours after you first put your new dentures in. An initial readjustment appointment should be made, and another appointment about seven days later will usually eliminate any other sore areas.

**Chewing.** The new “bite” or occlusion will not feel comfortable for a period of days. We will adjust the contacting surfaces of your teeth after 24 hours, and again in about one week after the dentures have “settled” into place.

**Upper vs. Lower Dentures.** Your upper denture will rest comfortably in place with moderate-to-strong “suction”. Although your lower denture will have good stability, it is infrequent that “suction” can be expected on a lower denture. We suggest that you avoid denture adhesives unless you have extreme difficulty.

**The Future.** Your jawbones and gum shrink up to 1/32 of an inch per year when your teeth are missing. This is one of the main disadvantages of dentures. Because of this shrinkage, you should plan to have your dentures and oral tissues evaluated by us once per year.

We will inform you when relining or rebasing of the dentures is necessary. Wearing ill-fitting dentures for too long without refitting can cause severe bone loss and very serious oral disease. Even dentures that “fit” comfortably need to be checked along with your tissue

## Caring for your dentures:

### Do's

- When handling your dentures, stand over a folded towel or basin of water. Dentures are delicate and may break if dropped.
- Brushing your dentures daily will remove food deposits and plaque, and help prevent them from becoming stained. An ultrasonic cleaner may be used to care for your dentures, but it does not replace a thorough daily brushing.
- Brush your gums, tongue and palate every morning with a soft-bristled brush before you insert your dentures. This stimulates circulation in your tissues and helps remove plaque.

### Don'ts

- Don't let your dentures dry out. Place them in a denture cleanser soaking solution or in plain water when you're not wearing them.
- Never use hot water, which can cause them to warp.
- Preferably do not wear dentures at night. The gum tissue needs to rest and to allow normal stimulation and cleansing by the tongue and saliva in order to promote better long term health of your gums.
- See your dentist if your dentures break, chip, and crack or become loose. Don't be tempted to adjust them by yourself — this can damage them beyond repair.
- In case of irritation/ulceration, call your dentist immediately.

### Cleaning Aids

- Denture Brush
- Fitty dent denture cleanser