



POSTOPERATIVE INSTRUCTIONS FOLLOWING DENTURE INSERTION

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 adaptation of the tongue and lips.

For the first few days, you should wear your dentures as long as possible and chew soft food in small bites. 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. If your bite feels uneven after several days, we can adjust your new denture for better comfort. Contact us to arrange the best time for you to come into our office.

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 denture as well as a denture cleaner rather than toothpaste, because some may be too abrasive for denture. Do not wear your denture to bed. It is important to allow your gum tissue and jawbone 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. Remove the denture after 24 hours and clean using proper care instructions listed above. Keep all your follow up appointments with the doctor who performed the extraction(s). Your denture will loosen up 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 an extended period, you will notice that it will no longer fit properly. This is due to the natural changes that occur to your jawbone. In these cases, relining, rebasing or even a new denture may be recommended.

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