

Denture Procedure

Post-Operative Instructions

Kevin Zhou • Vinay Chaudhary

www.publish.uwo.ca/~kzhou54

519-661-3326 Ext. 89380

- Most new dentures require an adjustment period. This period will require the patient and the clinician to work together for the best result for you and your dentures.
 - Start slowly with a new denture. Eat easier softer foods first before attempting to chew more challenging foods. Also, practice speaking with your new teeth. Even if your new dentures are a very similar to a previous set, there will be differences that will require you to learn to eat and speak all over again.
 - Dentures will not fit as well as they can initially. It generally takes several days for a new set of dentures to settle into the tissue of the mouth.
 - After several days of trial wear with a new set, you will generally be instructed to return to your dentist for a check. Adjustments can then be made based on your experiences. Any soreness of the gums, looseness, difficulties with chewing, or difficulties in speech can be evaluated. Your dentist can then make necessary adjustments or give you suggestions for dealing with any concerns that you have.
 - The most important way of caring for your dentures is to brush them at least once a day inside and out! You can use a soft toothbrush or special denture brush. Either regular toothpaste or denture cream will work well. Occasional soaking in a denture cleansing solution can also be helpful. Generally, soaking on a weekly basis followed by a thorough brushing will be adequate.
 - Take care not to drop your dentures when cleaning them. It is helpful to clean your dentures over a washcloth or over a sink full of water to prevent breaking the denture if dropped.
 - Dentures require regular professional care. We suggest that all denture patients have their dentures and gum tissue checked on a yearly basis. This assures that any problems are identified and corrected before damage is done to the mouth. Adjustments and relines can be made to dentures that will keep them working well and fitting well longer if than if no preventive care is taken.
 - Do not wear your complete or partial dentures to bed. It is important to allow your gum tissues and jaw bones to rest in order to prevent further tissue irritation, infection, and future bone shrinkage.
 - If you have any questions or concerns, please contact us at www.publish.uwo.ca/~kzhou54 or call 519-661-3326 Ext. 89380
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