

THREE APPOINTMENT DENTURE RELINING

You've just had the first of three appointments necessary to reline your dentures. During the first appointment, your denture was lined with a soft material. This material is fragile, and should be treated with the greatest care for the next week. Please follow these instructions to ensure that the soft reline will remain as new as possible.

RINSE your denture well after **EACH MEAL** and **BEFORE BED EVERY DAY** with clean cold running water. **DO NOT USE BOILING HOT WATER.**

DO NOT use a toothbrush or a denture brush on the denture.

USE a soft toothbrush to clean your gums and the roof of your mouth.

NEVER clean your denture with alcohol, commercial powders, detergents, or disinfecting agents.

AT NIGHT TIME, STORE your denture on a moist paper towel (with the teeth touching the towel) and place the denture-towel combination in a tied-up plastic bag (Ziploc bags are great!).

Your second appointment will be scheduled one week later, usually early in the morning. Any necessary adjustments needed are noted and the denture is sent to the lab so the soft-relined denture can be processed into hard pink acrylic (permanent hard reline) or soft acrylic (permanent soft reline).

The third appointment can be as early as the same day, later that afternoon. The newly relined denture will be tried in, and any remaining minor adjustments will be made.

WHAT TO EXPECT:

SORENESS: It may take a few days for the relined denture to feel comfortable.

Your gums and tissues can be sore getting customized to the new fit. It is very important to give your gums a break, and take your dentures out overnight and to soak them in a glass or a bath (ie. *Altrabath*).

If you still have any sore spots one week later, please call the office to make one final check of the denture's fit and to make any needed adjustments.

If you have any questions or concerns, do not hesitate to contact the office. Enjoy your newly relined dentures!