

ESSENTIAL TIPS FOR DENTURE WEARERS (FIRST APPT. POST OPERATIVE)

You have just received your denture(s). You must be both excited and apprehensive. Like all new things, your dentures will take some time to get accustomed to, but they are well worth it!

Taking good care of your dentures each day brings you a number of important advantages:

- a nicely groomed appearance
- comfort
- confidence
- a feeling of well-being

Bacterial plaque builds up in the mouth and on dentures. Unless it is removed, plaque can cause infection and disease.

IMPORTANT TIPS FOR CLEANING DENTURES:

DAY CARE:

After each meal, you should:

RINSE your denture and your mouth thoroughly with water or mouth rinse

BRUSH any remaining teeth with a fluoride toothpaste

BEDTIME CARE:

These instructions should help you maximize good oral hygiene, and the longevity of your denture:

TAKE YOUR DENTURES OUT IN THE BATHROOM. Fill the sink below you halfway with water so that should the dentures fall, they won't break.

SCRUB your dentures thoroughly. Brush the entire denture, between the teeth and especially the surface of the denture in contact with your gums. A special denture toothbrush can be purchased at any drug store, although a soft toothbrush will work just as well.

USE TOOTHPASTE WITH BAKING SODA. This helps to remove stains and keeps the denture fresh. If you have a partial denture, clean all the surfaces of the metal, including the clasps.

RINSE the denture with clean, cool, running water.

STIMULATE your oral tissues. Using a soft toothbrush, brush your natural teeth and gums, tongue and the roof of your mouth. If a toothbrush is too uncomfortable, try using moistened gauze.

OVERNIGHT:

ALL FULL AND PARTIAL DENTURES SHOULD SOAK IN COLD WATER OVERNIGHT.

This takes the pressure off your gums and keeps your denture from drying out and deforming. Mouth tissues are extremely sensitive and the tissues can shrink and change under the pressure of dentures. Give your tissues and gums time to rest and breathe!

TO AVOID DAMAGING YOUR DENTURE:

- **Never** clean or soak your denture in alcohol
- **Never** use soap powder, disinfectant, or detergent on your denture
- **Never** use hot, or boiling water to clean your denture

KEEP IN TOUCH:

Your mouth and jaws change constantly. From time to time, your dentures will need to be adjusted to maintain a good, comfortable fit. We like to check them every six months. In addition, your examination will also include cleaning any remaining teeth, checking your oral tissues, looking for oral cancers, reviewing your home care, and answering any questions you may have.

FUTURE POSSIBILITIES . . .

If you are in any way dissatisfied with your dentures, or are tired of having removable teeth, you may want to discuss dental implants with us. Please feel free to call the office and make a consultation appointment. Dental implants may give you a surprisingly wonderful new freedom and renewed youth!