

# After-Care Instruction: Removable Dentures (Partial & Full)

Now that you have your new dentures, here are some things to keep in mind:

## **Discomfort:**

You will likely experience some discomfort for the first 2-3 weeks. Your mouth and gums are simply not used to the dentures yet and need time to adjust. You will feel some pinching or pressure in a particular area of your mouth where the dentures sit. You will need to come visit our office to make the proper adjustments. Please **DO NOT** make these adjustments yourself.

## **Daily Cleaning:**

It is recommended that you clean your dentures on a daily basis.

1. Fill the sink with water or lay down a soft towel.
2. Rinse your denture under warm (not hot or boiling) water after each meal to remove loose food debris.
3. Use a soft brush with warm water and soap or denture paste. Do not use regular toothpaste.
4. Rinse your denture under warm water thoroughly before reinserting into your mouth. Mouthwash may be used after rinsing to give a fresh taste and feeling.

## **Additional Care:**

When not wearing your dentures, always keep them in water or denture solution to prevent the acrylic from drying out over time, causing your denture to not fit properly and become brittle. It's important to remove your denture before going to sleep at night, to allow your gum tissues to breathe. This helps to avoid irritation, discomfort and infection of the soft tissue beneath your denture. Be sure to clean the tissues inside your mouth (tongue, lips, cheeks, roof of your mouth) by rinsing daily with lukewarm salt water. If you have a partial denture, it is recommended to use a separate soft toothbrush aside from your denture brush to clean your natural teeth.

Our office offers a 6 month warranty for all dentures, including any adjustments that need to be made during that time. Afterwards, a small fee will be charged for any additional adjustments made. If you have any questions, please feel free to give our office a call.

