



## **AFTERCARE INSTRUCTIONS- NEW DENTURE INSERTION**

**You have just received your new denture that we have been fabricating for the past several weeks.**

**It is normal for you to have soreness as the denture settles in against your gum tissues. Unless the denture is adjusted, the soreness will not go away. Please call the office @ (631) 669- 2330 if soreness persists for more than one or two days. We will do our best to see you promptly. If you have an old denture, and cannot get in to see us, you may wear your old denture until you are able to be seen. Leaving the denture out (if possible) and warm salt water rinses will help speed the healing of sore spots.**

**It is wise to chew small pieces of food at first, and chew slowly. As you become accustomed to the feel of the new dentures, you may try different types of foods. Your speech may be affected for a short time as you become used to the new position of the teeth in relationship to your lips and tongue.**

**Food may become trapped under the denture during a meal, and you may want to remove your denture and rinse your mouth and the denture.**

**The need for a denture adhesive may indicate that your soft tissues are changing, and a relin may be recommended.**

## **CLEANING AND DENTURE CARE**

**You should remove your denture each day, and brush your gums very lightly with a soft toothbrush to stimulate the tissues. If you have remaining teeth, floss and brush them as well. You can purchase a denture cleaning brush, and use a toothpaste specifically designed for dentures (Dentu-Creme).**

**Always have water in the sink, or a wet washcloth, to protect your denture if it should slip and hit the hard surface. If your denture hits the sink, or the tile floor in your bath-room, it is possible that it could fracture.**

**You can soak your denture in a denture bath overnight, or for several hours, with a tablet such as Polident. The effervescent action will help clean the surface. The denture should still be brushed and rinsed.**