



Dentures – Home Care Instructions

Expectations

- You must learn to manipulate your dentures. At first, it may be a challenge to function with your new dentures. However, with regular use, your body will adapt readily. Typically patients take 2-3 weeks to feel comfortable with their new prostheses.
- Your speech may sound strange initially. With practice, perhaps reading a newspaper or a book aloud, you should be able to speak clearly within the first few days.
- You may find that eating with dentures is not as efficient as eating with your natural teeth. Start out with soft foods, and take small bites. Full dentures only provide about 30% of your natural teeth's chewing function.

Cleaning

- Keeping your dentures clean is very important. Just like natural teeth, dentures can build up plaque and tartar that can irritate your gums, stain the denture teeth, and harbor bacteria and fungus.
- Clean your dentures and supporting gum tissue after each meal. Use a denture brush or **soft-bristled** toothbrush with hand soap or dish soap to clean both the denture and your supporting gum tissue/teeth. Do **not** use regular toothpaste as this will cause wear to the denture over time.
- Never sleep with your dentures in place (unless directed otherwise by your dentist)! Carefully clean the denture and place in water or a denture cleaning solution (i.e. Efferdent) to soak overnight. Always keep your dentures wet when not wearing them to prevent warping.

Adjustments

- It is normal for dentures to cause sore spots and require adjustments. Typically, we will see you after 1 week to evaluate the gums and adjust the denture as necessary. Sometimes this is the only adjustment required; other times multiple adjustments are necessary before the dentures are comfortable.
- Be sure to have your dentures checked **at least once annually**, as changes in the mouth, such as shrinkage and bone loss, will occur. Careful maintenance and routine checkups will help slow down these changes. If you have a partial denture, an exam and cleaning should be scheduled every 3-6 months.
- Looseness—If you have had teeth extracted immediately prior to placement of the transitional denture, it may feel loose due to gum shrinkage from the normal healing process. A procedure called a “reline” will be needed during healing. A new final prosthesis will then need to be fabricated.