

YOUR NEW DENTURES

Your new dentures have been made with care and can give you many years of service. The following are some function reminders and cleaning instructions.

FULL DENTURES

1. Remember when chewing, that food should be divided somewhat equally between both sides of the denture. The chewing motion should be as much up and down as possible, with little side to side movement.
2. Use your utensils to cut food. The front teeth are not designed for biting off portions of food.
3. Sore spots can be expected and are normal with any new denture. If any develop, please call us for a denture adjustment appointment. Please **do not** try to adjust the denture yourself.
4. Please make sure to take out your dentures at night when sleeping. It gives the gum tissues a chance to rest and also helps prevent fungal infections.
5. It is common to feel that your speech is affected by your new dentures. We recommend reading out loud to yourself 10- 15 minutes per day for several days. You will find this to be of great help.
6. If your new dentures are replacing existing appliances, do not go back to using the old dentures. Switching between the old and new will greatly limit your ability to adapt to your new dentures.

CLEANING

1. Use a regular toothbrush with soap and water or toothpaste to clean your dentures. A special denture brush can be purchased at any drug store or most variety stores, if you prefer not to use a regular toothbrush.
2. Remember to use a regular toothbrush and toothpaste to brush and massage your gums daily. You should do this in the morning and at bedtime before you put your dentures in and after you take them out at night.
3. You may soak your complete denture (if no metal parts) in a commercial denture cleanser or just in water at night. It is very important to keep your dentures in some sort of solution or water when not in your mouth.

PARTIAL DENTURES

1. Clean your partial denture the same way as your complete denture, but **do not** soak in a commercial cleanser. Soak only in 1tablespoon of baking soda and 8oz. of water.
2. Be sure to brush and floss your remaining teeth well.