

REMOVABLE DENTURE PATIENT INSTRUCTIONS

Eating

1. Do not try to bite with the front teeth. They were made to look good but not to tear with.
2. Start with soft foods and gradually learn to handle harder foods.
3. Cut the food into small pieces with your knife and fork.
4. Place the food on both sides on your back teeth and chew. Chewing with food on both sides helps to keep the lower denture from coming loose.

Cleaning

1. Dentures will break if dropped. Therefore, always fill the sink or bowl half-full with water before cleaning. Then, if the denture slips out of your hand and drops into the water, no harm will be done.
2. Dentures should be cleaned after every meal if possible. If this is not possible, at least rinse them with water.
3. Use warm or cold water. **NEVER** hot.
4. Use a soft or medium soft brush. Denture brushes can be bought at a drug or grocery store.
5. Plain soap can be used. Mild liquid detergents may be used.
6. Do not use anything abrasive. Like Comet, Bon-Ami, Lava soap and Ajax.
7. Denture cleansers bought at the store can be used. Follow the directions. – Polident, Kleenite, and Efferdent are commercial cleansers that work well.
8. A good effective homemade soaking solution after brushing: One (1) teaspoon Clorox (or other chlorine bleach). Use ONLY one (1) teaspoon of Clorox and mix with two (2) teaspoons Calgon (water softeners that can be bought at a grocery store). Place in container of warm water (about one cup) and soak dentures overnight. The proportions of Calgon to Clorox are important. DO NOT USE THIS IF YOU HAVE A SILVER COLORED PARTIAL DENTURE.
9. If you smoke a lot and your dentures stain easily, you may need to clean them with a cleanser every night. Usually two or three times a week is enough for the average person.
10. Use a soft toothbrush and toothpaste for flavor; scrub your gums when you clean your dentures. This helps get the food off your gums and also helps the circulation in your gums. Your tongue can be cleaned in the same manner.

Speech

Speech difficulties with new dentures can be helped by practice, such as reading out loud to yourself for about 15 minutes every day.

Saliva

You may notice a lot of saliva in your mouth when first wearing dentures. This is normal. Eventually, this will cut down to the normal flow. This may be a few hours, a few days, a few weeks, or even a few months in some people.

Sore Areas

1. You may develop some sore spots. We can expect some sore areas to develop during the “break-in” period. That is the reason we are giving you an appointment to return. Even if you do not have a sore spot, we want to check your mouth because we may be able to see an area what is developing into a sore spot. DO NOT TRY TO ADJUST THE DENTURES YOURSELF.
2. Even after you are used to the dentures, sore spots may develop. The reason is because your mouth changes while your dentures don’t change.

A denture is similar to eyeglasses. People get new glasses because their eyes change. It is the same with dentures. The mouth changes and since the dentures cannot change, the denture no longer fits your mouth. This will cause you to have a sore mouth and loss of bone causing further damage.

Wearing

1. Never wear your dentures while sleeping. You will hear some of your friends or their dentists tell people to wear them while sleeping. Research has shown that the gums stay healthier if the dentures are left out at night. You will NOT get used to the dentures any faster by wearing them day and night. When you go to sleep, you normally take your shoes off. You could sleep with your shoes on; however, that can make your feet hurt. The same thing applies to your dentures. Keep your dentures out of your mouth while sleeping. This gives the tissues a chance to rest and be ready for the next day.
Some people do not want their husband or wife to see them without their dentures. Therefore, they want to sleep with their dentures in their mouth. If you do sleep with your dentures in your mouth, then you should keep them out of your mouth for about six to eight hours sometime during the day.
2. Always wear your dentures for at least ½ day immediately before going to the dentist to have them checked or adjusted. This allows the dentist to pinpoint the area that is bothering you. On a weekend or a trip, leave your dentures out if they hurt you badly. Then when you make an appointment to see the dentist, wear the dentures for ½ day just before going in.
3. Keep your dentures covered with water when they are not in your mouth.

Periodic Checks

1. These dentures will **NOT LAST YOU THE REST OF YOUR LIFE**. You will lose some bone from your jaw bones from now until you die. This happens in everyone. We do not know how fast or slow this will happen. Everyone is different. Use of denture adhesives or home reliners will cause you to lose bone much faster than normal. Once bone is lost, you cannot grow it back. No amount of money can buy this lost bone back. It is lost forever. For this reason, you should have a dentist check your dentures every year. If you have enough bone loss that your dentures are affected, your dentures may have to be refitted or remade.
2. The average denture lasts 5 years. Yours may last only three, or they may last as long as seven years. No one knows. That is why you must have them checked yearly.

Home Reliners

1. Do not use home reliners to try and refit your dentures when they become loose. If these home reliners are used, you will lose bone under your dentures much faster than the normal rate. Finally, when you do go to a dentist, you will have almost no bone left on which to build a new denture.

Wearing Hints

1. Keep your tongue along the inside of your lower front teeth at all times if possible. This helps hold the lower denture in place.
2. Be careful when yawning, sneezing, or laughing out loudly with your mouth wide open. These dentures were made to fit during most of the normal mouth movements. The above movements may dislodge your dentures.
3. If the dentures gradually seem more loose or you experience soreness along the denture borders, these are cardinal signs to call for an appointment to have them checked.