



DENTURES AND PARTIAL DENTURES POST DELIVERY INSTRUCTIONS

Dentures and partials will often need several adjustments in order to fit comfortably.

1. To help yourself adjust to your dentures you can practice reading aloud for a little while each day.
2. Dentures should be removed overnight or for at least 6 hours a day to give your mouth and gums time to rest.
3. At night you should remove your dentures and clean them. They should be stored in a clean container filled with denture cleaning solution.
4. Food particles can become trapped under dentures causing inflammation or sore spots. Lightly brush the roof of your mouth, your tongue, and your gums after removing your dentures.
5. You may have discomfort for a few days after receiving your final dentures or partials.

Ongoing Care:

- a) Brush your teeth and the surrounding tissues after every meal and snack and flossing at least once a day before bedtime. If you have full dentures, brushing the dentures daily is very important.
- b) Rinsing your mouth with water or mouthwash will help to remove any additional particles that may have been missed during brushing and flossing.
- c) Make sure to visit our office at least once a year to have your dentures or partial adjusted and checked by the doctor. Wearing ill-fitting dentures or partials without proper care and adjustment can cause bone loss in the jaw area and oral disease.
- d) Please call our office if you are experiencing ongoing pain or discomfort or if you have any concerns regarding your denture or partial.