

WHAT TO EXPECT FROM YOUR NEW DENTURE(S)

1. Like any other plastic object, dentures can be irritating to gum tissues if left in the mouth for prolonged periods. We strongly encourage you to remove your denture(s) at night (8 hours minimum per day) to keep your mouth and gums healthy. You should NEVER wear your dentures while sleeping; that can destroy your jawbone.
2. Your denture(s) should fit comfortably without irritation or soreness. In the initial period after their insertion, small ulcer-like pressure sores may arise due to normal processing differences in the acrylic, which require simple adjustment. Please call if these problems arise.
3. If kept clean and moist, your denture should maintain its shape and color for many years. If allowed to become dry for an extended period, they may distort; so keep the denture(s) in water if they are not being worn for more than a day or two. Never put your denture(s) in hot water, as this can warp them.
4. Unfortunately, your mouth and gums will undergo changes in shape. For this reason, I do not recommend that you wear your denture(s) for more than 5-7 years without relining or replacing them. If your denture(s) begin to feel loose as your mouth changes its shape, your ability to chew will decrease, and your appearance may be affected. You may use a denture adhesive as a temporary measure for comfort, but we recommend that you should return to our office (at least once per year) for examination and oral cancer screening to prevent and/or correct these problems.
5. If you experience any major weight gain or loss, this will affect the fit of your denture. Please bring this to the doctor's attention. It is also important to note that continual wear of an ill-fitting denture can cause permanent damage to your gums and bone.

HOW TO CARE FOR YOUR DENTURES

1. Your dentures are made from very strong, impact-resistant acrylic (plastic). They will not break under normal chewing conditions, but may if accidentally dropped or crushed. Older dentures may wear or develop weak areas that may result in fracture of the pink base or the teeth.
2. To decrease the risk of infection (especially yeast infections), you must brush plaque and food deposits from your dentures daily. Use your toothbrush with plain hand soap and water to clean your dentures, and then allow them to air dry overnight. Do not use household cleaners or toothpastes, especially not abrasive (*whitening*) toothpaste. Many special denture cleaners are commercially available, but we prefer to avoid those that allow or require overnight soaking, as the cleaners may imbed in the denture acrylic and cause discoloration of the acrylic, mouth irritation, or allergic reaction.
3. Brush your gums, tongue, and roof of the mouth twice daily with a soft toothbrush and a mouthwash, such as Listerine®, that will kill germs and maintain freshness.
4. Annual examination of your mouth and dentures is strongly recommended, as dentures can hide evidence of oral pathology, especially mouth cancer. This is vital if you use or have used tobacco or alcohol products at any time. Remember that most lesions in the mouth are painless, so that the average patient will experience no symptoms of a problem until it ulcerates or disrupts the fit of your denture.

Thank you for the opportunity to provide for your care.