

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 healthy.
2. Your denture(s) should fit comfortably without irritation or soreness. In the initial period after their insertion, small ulcer-like sores may arise due to normal pressure differences in the acrylic, which require adjustment. Please call if these problems arise.
3. If kept clean and moist at all times, your denture should maintain its shape and color for many years. If allowed to become dry, it can become distorted; so when they are removed at night, place them in a container of water. Never put your denture(s) in hot water, as this can warp them.
4. Unfortunately, your mouth and gums will undergo changes in its shape. For this reason, it is not recommended that you wear your denture(s) for more than 5-7 years without them being replaced or relined. If your denture(s) begin to feel loose as your mouth changes its shape, your ability to chew will be lessened, 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 impact-resistant acrylic (plastic) that is very strong, but will break if accidentally dropped or crushed. They will not break under normal chewing conditions, but 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. Many special denture cleaners are commercially available, but we prefer to avoid those that allow or require overnight soaking, as the cleaners may become imbedded in the denture acrylic causing discoloration or mouth irritation. Do not use household cleaners or abrasive (*whitening*) toothpaste.
3. Brush your gums, tongue, and roof of the mouth twice daily with a soft toothbrush. Using a mouthwash, such as Listerine® daily 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, such as mouth cancer. This is even more important if you currently or used to use tobacco or alcohol products. Remember that most lesions in the mouth are painless, so that the average patient will experience no symptoms of a problem until a lesion disrupts the fit of your denture.

Thank you for the opportunity to provide for your care.