



## **Home Care for Immediate Dentures/Complete Dentures/Partial Dentures**

Dentures are an artificial replacement of your natural teeth, and just as with any other prosthesis, it will not behave and function exactly as what is has replaced. The dentures may be uncomfortable and awkward at first, and will likely require several adjustments during the initial “breaking in” stages. The following suggestions are presented to help you adapt and properly care for your new dentures. If you had teeth removed in conjunction with your denture (immediate dentures) please also reference the home care instructions following extractions.

### **Immediate Dentures:**

- Please leave your denture(s) in for a full 24 hours following your extractions. After that time, you may carefully remove your denture using both hands (please do this over a sink filled 1/3<sup>rd</sup> with water to avoid possibly dropping and damaging your denture)
- You may clean the denture under cold water using only a denture brush (without any soaps, cleaners, or toothpaste).
- After cleaning the denture, set aside in a safe place and rinse your mouth with salt water. After rinsing you may reinsert your denture. After the denture is in place, you may brush and clean any natural teeth as you normally would. Repeat this process for the next three mornings.
- After the initial 3 days of following the above routine, you should take the denture out at bedtime. Rinse and scrub it as described above. Rinse your mouth again with the warm salt water. Put the denture in a denture cup/container and cover it with clean, cold water. Leave it there while you sleep. After rinsing it again, put it back in your mouth in the morning. Continue with the warm salt water rinses for at least 7-10 days.
- Please remember to take any prescribed medications as directed by Dr. Howell or your physician

### **What to Expect with New Dentures:**

- Eating:
  - Initially you will need to have a liquid/soft diet (foods like soups, yogurt, pasta, eggs, smoothies, etc..) for the first few days following the placement of your dentures.
  - You may start to move into more solid foods as you adapt better to your dentures. More difficult foods (steak, apples, carrots, etc.. will require a more gradual learning curve).
  - Many times dentures and partials give difficulty in the beginning stages while swallowing and may cause gagging. With time, this will improve
- Speaking:
  - Learning to talk with your new dentures in place requires some patience and practice
  - Reading aloud is a very good way to relearn your normal speech
- Sore Spots:
  - Sore spots are likely to develop following the initial wearing of your new denture. The sore spots often develop from uneven pressure on the denture



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- Adjustments are best made following 3-6 hours of continuous wear of the denture. This helps identify the precise area that is causing the sore spot – which may be easily trimmed to improve your comfort. Contact our office as needed for adjustments.
- Looseness:
  - If you had teeth removed the same day as your denture was inserted (immediate dentures) the denture will likely start to feel loose as the gums and bone heal and shrink. This is normal and during this healing period your denture may require a temporary liner to improve the fit of your denture.
  - After 3-6 months when complete healing is finished, a permanent new liner will need to be placed in the denture to improve the fit and retention. Occasionally, depending on how much shrinkage has occurred, an entirely new denture may need to be fabricated.

### Home Care:

- Please remove your dentures for at least 6-8 hours a day (usually at night while sleeping). This will help keep your gums healthy and keep your denture fitting better, longer.
- Brush your gums, tongue, and palate with a regular toothbrush to remove plaque, bacteria, and to stimulate good circulation to keep the supporting gums healthy.
- Dentures should always be kept in a denture case partially filled with water or your favorite brand of denture cleaner – dentures may warp if not always kept in a humid/wet environment.
- Always store your dentures in a safe place. Pets, particularly dogs, love to use your dentures as their new favorite chew toy.
- Denture adhesives may be used as needed. There are many types and brands available. If you find you need an adhesive to give you more retention – find a brand that works for you. Please be sure to adequately remove the adhesives daily from your denture as well as clean your gum tissues.

### Cleaning:

- Dentures of any kind should be cleaned nightly and after meals as they can collect food, plaque and tartar build-up just as normal teeth do.
- Inadequate daily cleaning of your denture will cause premature staining and odor accumulation with the denture.
- When cleaning your dentures always do so over a sink filled 1/3<sup>rd</sup> with water (they will break if dropped on a hard surface).
- Do Not use abrasive household cleaners, bleach, vinegar, or toothpaste on your denture.
- Regular soap and a denture brush are adequate to effectively clean your dentures.
- While you sleep at night, soak your denture or partial denture in a denture cleanser. There are several brands available at Target, Walgreens, Walmart, etc... Find a brand that you like, as they all work very similarly.

**Contact Our Office at 316-260-6220 with any questions or concerns you may have.**