



## Post-op Care Instructions: Dentures

### New Dentures:

> Adjusting to new dentures takes time. The gum tissue supporting the denture may develop sore spots. When this occurs, call for an appointment right away to have your dentures adjusted. The sore spots will not go away over time, but get worse making the denture extremely painful to wear. It may require multiple adjustment appointments to relieve all of the sore spots.

> Dentures often require a re-line to improve the retention and fit over time. How often your denture will require a re-line varies from patient to patient, and depends on how quickly your gums and jaw bone change over time. It is recommended to have your denture(s) checked at least once every 24 months by a dentist to see if a re-line is necessary. Neglecting to re-line poorly fitting denture(s) may lead to irreversible jaw changes making the denture permanently less stable.

>The denture will not feel exactly like your old set, and this sometimes leads to frustration getting used to them. Do not give up and go back to wearing your old set. Getting used to the feel of the new denture(s) in your mouth and relearning daily functions, such as talking and chewing, may take up to 3 months to feel natural again.

### Immediate Dentures:

> Dentures placed immediately after the extraction(s) of remaining teeth act as a large band-aid and help reduce swelling, helping the tissue heal.

> Immediate dentures will definitely require additional re-lines as the extraction site(s) heal and the gums shrink in size.

> The following is a typical schedule of follow-up, relative to the date your teeth were extracted, after receiving the immediate denture:

**First 24 Hours:** Keep the denture(s) in your mouth - DO NOT REMOVE.

**1 Day:** Follow-up and additional care instruction as needed.

**1 Week:** Suture removal and soft re-line placed.

**1 Month:** Replace soft re-line.

**3 Months:** Re-line with elastomeric liner.

**6 Months:** Permanent lab re-line. Please plan to be without your denture for the day.

### Denture Care:

> Dentures must be brushed twice daily to remove plaque and prevent tartar from accumulating. Be sure to take your dentures out at night to help the gums stay healthy.

> We may provide a denture cleaning kit which will include an overnight storage case. Keep the denture stored in this case at all times when it is not in your mouth. This is especially important to remember if you have pets that may mistake your new denture for a chew toy. Keep a small amount of water in the case to keep the denture from becoming brittle.

> You may wish to use the denture cleansing tablets twice a week to keep the denture from developing a bad taste or odor. Do not use alcohol based products to "soak" your dentures as these will cause the material to become brittle and discolored. Do NOT use regular toothpaste as it is very abrasive and will dull the shiny surface of the denture teeth and base.