

## **INSTRUCTIONS FOR YOUR NEW DENTURES**

The new dentures you have received are a replacement for your missing teeth. They will attempt to restore support to the jaw, increase your chewing ability and improve your appearance. This information sheet will assist you with your adjustment to new dentures.

### **LEARN TO USE YOUR NEW DENTURES:**

Each person is an individual therefore, please be patient. Your experience will be unlike anyone else. Please allow at least a week to ten days before your dentures feel as though they are part of your body. If you have difficulty with speech at first, practice by reading or talking aloud and you will soon master this problem. It is normal to have difficulty chewing efficiently during your first few meals. Some suggestions are to cut food into small pieces, consume small amounts at a time and eat slowly. Learning to use your new denture will take time and patience.

### **DENTURE CARE:**

Always keep your mouth and your denture as clean as possible. Failure to do so may result in damage to your gums. We recommend that you remove and clean the dentures after each meal. You can use regular liquid soap or special *denture* toothpaste to do this. Denture cleansers can be used, but only after you have scrubbed your dentures.

Dentures are slippery when wet, so brush them over a basin filled with water, or over a towel. If you should drop and damage the denture, please DO NOT attempt to make your own repairs.

When your dentures are out of your mouth, store them in fresh clean water. This prevents the plastic from drying and warping. Develop the habit of examining your mouth in the mirror. This is the best insurance against oral diseases and damage to your tissue.

### **RETURN APPOINTMENTS:**

Your first scheduled appointment after receiving your new dentures is a very important office visit. The doctor will treat any sore tissues or make adjustments that may need to be done at that time. Several return appointments may be necessary until you are completely comfortable.

Dentures are not a final treatment. Your gums can change or recede. Periodic examinations and treatment by the doctor will be necessary. Home remedies for ill fitting dentures will aggravate the situation and probably cause greater bone and tissue loss.

If you have any questions or concerns about your dentures or your oral health, please ask Dr. Johnson.

## **INSTRUCTIONS FOR IMMEDIATE DENTURE PATIENTS**

The dentures you have received are a replacement for your missing teeth. They will provide better support for your jaw, restore your chewing ability and achieve your desired appearance. The following information will inform you about immediate dentures. Please do not hesitate to ask questions.

Your dentures were made to fit the anticipated shape of your mouth after the removal of the teeth. Modifications to the denture are always necessary and will continue during the healing period. Many changes have occurred at one time and it will take time to become adjusted to your new dentures.

### **The First 24 Hours:**

It is VERY IMPORTANT to keep the immediate denture in your mouth until the doctor sees you the day after surgery. The denture serves as a dressing to help stop the bleeding. If the denture is removed, you may not be able to replace it due to swelling of the tissue.

### **Changes of the Mouth:**

You may experience some of the following *commonly* known symptoms that occur when an immediate denture is delivered.

Immediate Swelling  
Increase in Saliva  
Speech Alteration  
Discomfort  
Gagging

Difficulty Swallowing  
Mouth Odor  
Minor Bleeding  
Difficulty Chewing

All of the above mentioned symptoms can be resolved once you've become more familiar with the new prosthesis and as minor adjustments are made by the doctor.

**First Post – Delivery Appointment:**

The day after you receive your dentures, the doctor will see you to adjust the denture for sore areas, the bite and any other initial problems. You will be given further instructions for the use and care of the dentures at this appointment.

**Further Appointments:**

As you heal and use the dentures during the weeks after surgery, the dentures will occasionally become loose due to the normal shrinkage of the gums from healing. This will be adjusted as needed until healing is complete.

**Final Denture:**

When healing is complete, a final denture will be constructed, or the immediate dentures will be relined as the doctor discussed with you previously. These procedures will be the second phase of your rehabilitation.