

DENTURE INSTRUCTIONS

How Do I Care For My Mouth And Denture?

Dentures must be brushed daily to remove food and plaque. Use a denture brush or soft toothbrush with non-abrasive soap or denture toothpaste to prevent your dentures from becoming permanently stained. Clean the dentures over a towel or sink filled with water to prevent breakage if dropped. Use a soft toothbrush at least once a day to brush your tongue, gums and palate to remove debris. Any natural teeth should be brushed and flossed daily.

Can I Sleep With My Dentures?

You should not habitually sleep with your dentures. Removing your dentures each night will allow your gum tissues to rest. Not removing the dentures at night will likely lead to a yeast infection of your mouth. Place your dentures in a denture soaking solution that is for overnight use. Make sure if you have partial dentures that the solution is safe for partial dentures. Thoroughly rinse the soaking solution from your dentures before wearing.

What If I Have A Sore Spot?

If you are experiencing pain or soreness with your dentures you should call for an appointment. Generally a simple adjustment will alleviate the problem. Do not try to adjust the denture yourself. If you have not been wearing your denture, you should try to wear your denture for at least 24 hours prior to the adjustment. This will make isolating the pressure area easier, minimizing the number and length of appointments, leading to faster healing.

What If My Dentures Are Loose?

Several factors can affect the retention of your dentures. Everyone's mouth is unique. Some mouths are well suited for dentures while others are totally inadequate for retention. This all depends on size, shape, saliva, age of ridges, age of denture, type of denture, tissue makeup, patient physiology and experience wearing dentures. Typically lower dentures cause more problems than do upper dentures due to the tongue and inability to form an airtight seal. If you are experiencing loose dentures you should call us for an appointment to evaluate your unique situation.

Should I Use Denture Adhesive?

Denture adhesive can enhance the retention of your dentures. It can be especially helpful for new denture wearers. It is not a substitute for poorly fitting or broken dentures. We advise using powder adhesive for the top denture and paste adhesive for the bottom denture. Denture adhesives must be completely cleaned off your dentures and your gums nightly.

When Do My Dentures Need To Be Replaced?

Everyone experiences natural age related changes to their face, ridges, and gums. This is mostly due to bone dissolving. With some this will happen slowly and others it happens quickly. This causes a gap to form between the denture and your gums, making them loose and more prone for sore spots and unwanted tissue growth around the denture. The teeth also wear down with time. This will be dependent upon your diet and physical makeup. The life span of the average denture is 5 to 10 years depending on these variables.

Do I Still Need To See The Dentist Regularly?

Yes! You should have an examination at least yearly. We will examine and evaluate the fit, function, and condition of your dentures as well as the condition of your gums and ridges. If you have partial dentures you should have at least 6 month examinations including cleaning of your remaining teeth.

What If My Denture Breaks?

Prevention is the best medicine. Simply not chewing things such as ice cubes, jaw breakers, etc. will help prevent breaking and chipping of teeth. Keep dentures away from children and pets. Be careful, dentures are slippery when wet. If it does happen to break, DO NOT use superglue to try to fix – it does not work and makes a definitive repair much more difficult. Call us immediately so we can repair it professionally.

Call us anytime you have a question and we will be happy to help you.

Thank you for your referrals of your friends and family members, they are the best compliments we can receive.