

## Denture Care

**Cleaning:** Clean dentures daily using mild soap and a denture brush; DO NOT USE TOOTHPASTE. Clean with cool or warm water (NEVER HOT). To prevent damage from dropping, clean over a sink filled with water or a sink with a towel in it. Remove dentures after each meal and rinse excess food from your mouth and the denture.

**Storage:** Dentures should always be in one of two places: your mouth or a denture bath. The denture bath should consist of water or a denture-soaking solution (*i.e.*, Polident or Efferdent). Occasionally, you may use a vinegar solution (*e.g.*, 1 tsp vinegar in a cup of water) to help dissolve tartar.

**Gum Care:** Never sleep with your dentures in your mouth; your gums need to rest. Daily, brush gums with a soft tooth brush and rinse your mouth.

**Adhesives:** Denture adhesives can help with denture retention and food impaction. You may want to experiment with different adhesives to find which one suits you best.

**Annual Exam and Maintenance:** Even though you may no longer have any teeth, you still need an annual exam and oral cancer screening. At this appointment, we will also professionally clean and inspect your denture. We also recommend that you have a panoramic x-ray every 3-5 years to check for any cysts or tumors.

## What to Expect with New Dentures

**Eating:** Dentures are very different from your natural teeth; unlike your teeth, dentures move (especially the lower denture). Learning to eat with your dentures will take time. To help with this, you should do the following: start with soft foods (*e.g.*, fish, cheese, eggs, etc.), take small bites, chew on both sides to stabilize the denture, avoiding biting on the front teeth at the start, and avoid really hot foods.

**Speaking:** Your denture teeth may not be in the same location as your natural teeth or the teeth of a previous denture. In a short time, your mouth will adjust, and any potential lisps should go away.

**Soreness and Adjustments:** Soreness with new dentures is normal, especially with immediate dentures. We will typically see you one week after delivery to evaluate your new denture and gums. **IMPORTANT:** If you begin to develop a sore spot, take your denture out and let your gums rest for about 24 hours and then try to wear the denture again. If you are still getting a sore spot in the same location after 2 or 3 cycles, leave the denture out--DON'T LET it make a blister. Call our office for an adjustment appointment. Leave the denture out until 24 hours before your appointment. Then, wear the denture for about 24 hours before the appointment so we will be able to see the sore spot.

**Relining:** Relining is the process of refitting the denture to your gums. The gums and bone under your denture change over time and may cause your denture to fit poorly. Dentures usually need to be relined on a yearly basis and remade after 5-7 years.

**Implant Dentures:** If you have a denture attached to implants, there are various parts that can wear out over time. Your denture needs to be inspected at least once a year (or sooner if you are experiencing any movement issues) to make sure that none of the parts need to be replaced.

**Enjoy Your New Dentures!**  
**Call us at 334.248.6816 with any further questions!**