



WEST MAIN
FAMILY DENTISTRY

1147 W Main Street

Waterbury, CT 06708

(203) 755-5641

www.westmainfamilydentistry.com

Complete Denture Care Instructions

We are pleased to provide you with well-fitting, functional and aesthetically pleasing dentures. We feel confident that after a few weeks of adjustment, you will enjoy years of satisfaction and use. In the meantime, the following is information you need to know.

1. **Your First Few Weeks.** New dentures always feel strange when first placed in your mouth. Several days or even a few weeks will be required for you to feel accustomed to them.
2. **Sore Spots.** Your mouth will most likely develop a few sore spots within the first 24 hours of wearing your dentures. This is to be expected and such sore spots can be easily relieved by your doctor. An initial 24 hour re-adjustment appointment should be made, and another appointment about a week later will usually eliminate any other sore spots.
3. **Chewing.** Your new "bite" may not feel comfortable for a period of days. We will adjust the contacting surfaces of your teeth after 24 hours, and again a week later if needed.
4. **Upper vs. Lower Dentures.** Your upper denture will rest comfortably in place with moderate-to-strong "suction". Although your lower denture will have good stability, it is infrequent that "suction" can be expected on a lower denture.
5. **Cleaning:**
 - a. **Brush and rinse dentures daily:** Toothpastes and household cleansers are abrasive and create microscopic scratches where food and plaque can build up. Also, avoid using bleach, as this may whiten the pink portion of the denture. Ultrasonic cleaners can be used to care for dentures. Use of an ultrasonic cleaner, however, does not replace a thorough daily brushing. Use a brush with soft bristles that is specifically designed for cleaning dentures.
 - b. Clean your dentures over a sink full of water to avoid damage if they are dropped.
6. **Wearing dentures at night:** There is no question that the healthiest policy is to remove dentures for at least 6 hours daily to allow the soft tissues to breathe and recover. For most patients the most convenient time is at night or during sleep. If the dentures are out of your mouth, **ALWAYS** leave them soaking in water or mouthwash solution. Dentures will become brittle if left exposed to air.
7. **The Future.** Your jawbones and gum shrink up to 1/32 of an inch per year when your teeth are missing. This is one of the main disadvantages of dentures. Because of this shrinkage, you should plan to have your dentures and oral tissues evaluated by us at least once per year, if you wear a set of complete dentures. We will inform you when relining or rebasing of the dentures is necessary. Wearing ill-fitting dentures for too long without refitting can cause severe bone loss and very serious oral disease. Even dentures that "fit" comfortably need to be checked along with your tissues.
If you have natural teeth, regular dental visits are important so that your dentures and your mouth can be examined to ensure proper denture fit, to look for signs of oral diseases including cancer, and to have teeth professionally cleaned.
8. **Longevity:** No dentures are meant to last forever. Generally, six to eight years is the average life span of a well-made prosthesis. The dentures may require a reline every 2-5 years to maintain an ideal fit.
9. **Immediate Dentures:** If dentures are delivered the day the teeth are removed, remember to leave the denture in place during the first 24 hours.

We look forward to helping you adjust to and enjoy your new dentures!

**Please DO NOT HESITATE to call us with any questions
or concerns you may have (203) 755-5641**