

INSTRUCTIONS FOR THE DENTURE PATIENT

1. Expect a challenge in handling different types of foods with your new denture. When chewing, the seal which holds the full dentures in place, will be broken from time to time no matter how good the fit is. You must learn to chew food on both sides of your mouth evenly to avoid unseating.
2. **Clean** the denture with soap and water and brush after every meal.
3. Exercise care with dentures when cleaning and handling. **Fill the sink** with a few inches of water so that dentures won't fracture if accidentally dropped while cleaning.
4. **Good speech will return** within several days after you start wearing the new denture. Your tongue is a muscle and if you have not had teeth or dentures it will grow into the empty space. Don't worry because after some time your tongue will become smaller again to accommodate the new denture.
5. You will need to return at least **2 times for adjustments** for full or partial dentures. Soreness or **Sore Spots Always Occur** and give the dentist an indication where and how to adjust your denture.
6. Recognize the fact that no denture is permanent. ALL dentures **require inspection and service** for the rest of your life in order to keep the gum tissues healthy and to prevent rapid shrinking of the bone. We recommend that you return once per year for routine care and a checkup.
7. Please recognize the fact that poor cleaning habits can result in extremely dangerous infections or tissue reactions which may require 6 to 8 weeks of treatment to heal, and may result in permanent damage to the tissue.
8. Please remember that any appliance that has to be repaired because of breakage never fits quite as good as before it was broken.
9. Please expect an increased amount of saliva in your mouth for 24 hours.
10. Please do not use abrasive substances to clean the denture. An overnight soaking solution is available to use if soap and water is inadequate.
11. Please do not expect the lower full denture to be as stable or as comfortable as the upper denture. The only way to improve a full lower denture function is to place implants that utilize precision attachments to stabilize your denture.
12. Do not use denture powders or adhesives at first so it can be determined how retentive the denture is. After awhile an adhesive will probably be necessary for a better seal.
13. Do not expect to master the handling or control of complete upper and lower dentures in a few days. It will probably take 2-3 months to master the control of them. Remember that dentures are not "teeth," they are "tools".
14. Do not under any circumstances attempt to file or scrape your dentures.
15. Do not wear the dentures at night unless doctor OK's this.

OUR PHILOSOPHY,

OUR OFFICE REMAINS DEDICATED TO PROVIDING OPTIMAL CARE FOR EVERY PATIENT AND WORKING WITH YOU TO ACHIEVE THAT GOAL. WE PRIDE OURSELVES ON HELPING YOU IN ANY WAY AND IN CONTINUING TO PROVIDE THE QUALITY OF CARE TO WHICH YOU HAVE BECOME ACCUSTOMED.