

Post op Instructions: Dentures, Partial dentures and Immediate Dentures

New dentures always require a period of adjustment. First time denture patients may require several weeks to get used their new appliance. Speech may be altered and may require adaptation of the tongue and lips.

For the first few days, you should wear your dentures as long as possible and chew soft foods in small bites. Remember dentures do not have the same chewing efficiency as natural teeth and may affect the taste of food. It is not unusual for sore spots to develop in isolated areas of the mouth, if your bite feels uneven after several days, we can adjust your new denture for better comfort, contact us to arrange the best time for you to come in for this.

Proper cleaning of your dentures is important to prevent stains and bacteria from accumulating on your appliance. Clean the denture with Sunlight liquid and cotton wool , for more intensive cleaning use a denture cleaner eg , Corega , DO NOT use toothpaste as this is very abrasive to the dentures.

Do not wear your dentures to bed:

It is important to allow your gum tissue and jaw bone to rest in order to prevent further tissue irritation, infection, and future bone shrinkage. Over time or with weight loss or gain, the supporting gum tissue and bone may change shape and size.

Periodic relines of your denture may be necessary to ensure effective fit. Denture teeth may wear or chip over time, for this reason, an annual check of your tissue and denture is recommended.

Immediate Denture

For patient wearing immediate dentures do not remove the denture for the first 24 hrs after extractions.

Follow all the post –operative instructions for extractions. Remove the denture after 24hours and clean using proper care instructions listed above. Keep all your follow up appointments with the doctor who performed the extractions, your denture will loosen up as your gums and bone heal. At this stage, you will need to come in for a reline appointment for a better fit of the denture, If you do not wear your partial, immediate, or regular denture for a period of time , you will notice that it will not fit properly, This is due to the natural changes that occur to your jaw bone, In these cases relining, rebasing or even new dentures will be recommended.

You don't have to brush your teeth — just the ones you want to keep.