



# Carolina Aesthetic Dentistry

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## Follow Up Instructions: Denture

When you first start wearing your denture there is an adjustment period. These are some of the following changes you may notice:

• Increased salivary flow	• May have difficulty speaking
• May tip when chewing	• Tongue may feel crowded
• Gag sensation	• Balances your bite
• May feel bulky	• Helps support your jaw—keep your jaw aligned
• Fills in spaces	• Supports your cheeks & lips
• Takes longer to chew food	• Jaw bone recedes – especially lower arch

### Daily Care

- Brush gums, palate, tongue, teeth, and implants twice a day with a soft toothbrush. Daily brushing will keep your mouth healthy.
- Denture needs to be cleaned and removed before going to bed. This keeps your gums healthy. The denture needs to be soaking in a cleaning solution or in water when you're not wearing the appliance. If the denture dries out, it will lose its' shape. Do not place your denture in hot water; this could cause it to warp.
- Use a denture brush or hard toothbrush daily to clean denture. When brushing denture hold over a wet towel or basin of water to protect the denture. If the partial is dropped on a hard surface this could crack or break the denture.
- Hold denture in the palm of your hand with your finger(s) resting on top for support when brushing. This keeps partial clean of food, stains and odor causing bacteria.
- Do not soak denture in mouthwash. The alcohol will shrink acrylic and cause distortion. Mouthwash will stain denture.
- Ultrasonic cleaners can be used to clean your denture. Daily brushing is the best way to remove food and stains from your denture.
- Sore spots are common in the beginning. The denture should be removed to relieve the tissue. Schedule an appointment to have the denture adjusted.
- A dental exam is needed once a year to evaluate the tissue and fit of your dentures. Your dentist will do an oral cancer check and examine your mouth for any other types of diseases.