

Post-Operative Instructions for Complete Dentures

- **SORE SPOTS:**
 - Sore spots are common and will require adjustment appointments.
 - The sore spots will not go away on their own and may cause excess tissue growth requiring surgical removal.
 - Make sure to wear the denture several hours prior to adjustment appointments to help the dentist locate the sore spots.
- **HYGIENE:**
 - **Denture Hygiene:**
 - Clean after every meal as food will become trapped beneath the dentures.
 - Clean over sink full of water or towel to avoid breakage if it drops.
 - Clean with denture brush, cold to warm water, and antibacterial soap.
 - Do not clean with toothpaste (too abrasive)
 - Do not place in boiling water⁸ (can warp)
 - If using a denture cleansing solution (such as Polident), thoroughly rinse and brush denture prior to wearing.⁸
 - If using denture adhesives, the adhesive must be thoroughly removed from the denture and oral cavity daily.⁸
 - **Oral Hygiene:**
 - Clean your gums with soft toothbrush and warm water 2 times a day for 2 minutes.⁵
 - Clean your tongue with tongue scraper.
- **STORAGE:**
 - Do not wear partials when you sleep.
 - Wearing all day and all night will cause harm to the gums, bone, and mouth.
 - The gums need adequate blood circulation for 8 hours a day.
 - Failure to let your gums rest will cause the ridge support to become flatter sooner and the denture and future dentures will be harder to fit properly.²
 - You can develop fungal infections from over wearing especially with poor hygiene.
 - Always keep the partials moist whether:
 - In mouth
 - In a container with water (away from pets)
 - In a sealed bag with water
 - If it becomes dehydrated it will warp and no longer fit.⁸
- **CHEWING:**
 - Be patient, it usually takes 6-8 weeks to adapt to a new prosthesis.⁵
 - Begin with soft foods and cut the food into small pieces.
 - Chew food on both sides simultaneously to reduce denture tipping.
 - Careful with hot foods and drinks. May burn tissue.
- **SPEECH:**
 - Be patient, can take 2-4 weeks to adapt.
 - Pronunciation, such as “s” and “f” may be difficult in the beginning, practice reading aloud in mirror.
 - May help to swallow first to “set” denture in place. You will be more aware of speech problems than other people.
- **PRECAUTIONS:**
 - Do not drop the dentures, they can break.
 - Cover your mouth when you sneeze, or the dentures can fly out of your mouth and break if they land on a hard surface.
 - Do not store the dentures in a napkin/tissue/paper towel, these get accidentally thrown away

- FUTURE APPOINTMENTS:
 - Return for recall exams for:
 - Oral cancer screenings
 - Evaluation of the gums
 - Cleaning of the dentures
 - Evaluation of the dentures. Dentures may require relines, repairs, and remakes. Replacement may be needed every 5-10 years.

*If immediate denture, instruct patient to wear denture for 24-48 hours, if remove for >30 mins may not fit due to swelling. Remove only after eating to clean and insert immediately.