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## AFTER DENTURE CARE INSTRUCTIONS

1. Clean your dentures daily (After 1st month or after getting used to them)
  - a. Remove and rinse dentures after eating
  - b. Brush dentures gently with a soft-bristle brush and non-abrasive denture cleaner (not toothpaste)
  - c. Soak dentures overnight in denture-cleaning solution or water (brush after soaking)
2. Brush your gums, tongue, and palate
  - a. Use a soft toothbrush to clean your gums and tongue each morning before putting in your dentures and at night after taking them out
  - b. Help stimulate circulation and prevent bad breath or infection
3. Readjust when needed, realign when needed
  - a. For the first month, wear your dentures frequently, ideally daily and nightly so the mouth can get used to the sensation and any sore areas can be found
  - b. If the denture slides out, is causing pain, or you experience unusual soreness in your mouth, please book an appointment to see Dr. John
4. Eating and Drinking
  - a. Start with soft foods cut into small pieces
  - b. Chew slowly and evenly on both sides of your mouth
  - c. Avoid hard, sticky, or very hot foods when first with the denture
    - i. Avoid:
      1. Sticky candies (can dislodge themselves into the denture)
      2. Hard nuts or seeds (can cause breakage)
      3. Chewing gum (may stick to the denture)
      4. Very hot beverages (can warp denture base)
5. Storage and Handling
  - a. Keep dentures moist when not in use (in denture soaking solution or water)
  - b. Avoid hot water (it can warp the denture)
  - c. Keep away from children or pets
  - d. Handle carefully to prevent drops or cracks
6. Extra:
  - a. Don't ignore damage to your denture! Do NOT attempt to fix with glue yourself
  - b. Stay HYDRATED! This helps dentures be more comfortable and stick
  - c. Use denture adhesive ONLY if recommended
    - i. For the first 2 months, denture adhesive like Poligrip or Fixodent may help with comfortable stability and retention. Please ask Dr. John before use!