



## POST-OP INSTRUCTIONS: PARTIAL AND FULL DENTURES

Congratulations on your new dentures and your new smile! New dentures always require a period of adjustment. Please expect to return 2-3 times for adjustment appointments until we get the fit of your dentures perfected.

- **First-time denture patients may require several weeks to get used to their new appliance.** Speech may be altered, and may require adaptation of the tongue and lips. Patients can expect dentures to feel “bulky” at first, increased salivation, and speech may also be difficult at first. Don't be discouraged! All of these symptoms will resolve with time as your tongue, lips and cheeks adapt to the denture/partial.
- For the first few days, you should wear your dentures for as long as possible and chew soft food in small bites. Remember, **dentures do not have the same chewing efficiency as natural teeth** and may affect your taste of food. If your bite feels uneven after several days, we can adjust the way your teeth contact at follow-up visits. Please also be aware that a lower denture will never have the same “suction” type fit as the upper. A lower denture requires the muscles of the tongue and cheeks to hold it in place, whereas the upper denture has the ability to suction to the roof of the mouth.
- It is not unusual for sore spots to develop in isolated areas of the mouth. These areas can be relieved easily at follow-up appointments. If a severe sore spot develops which prevents wearing the denture and an appointment is made for adjustment, please wear the denture for 24 hours prior to the appointment. This will greatly aid in locating the exact location of the area, and make adjustments significantly easier and more predictable.
- Proper cleaning of your denture is important to prevent stains and bacteria from accumulating on your appliance. Since cleaning procedures differ for various types of appliances, please follow the directions given to you at your insertion appointment.
- Do not wear your complete or partial dentures to bed. It is important to allow your gum tissues and jaw bones 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 tissues and bone may change shape and size. Periodic relines of your dentures may be necessary to ensure a retentive fit. Denture teeth may wear or chip over time. For this reason, an annual check of your tissues and dentures is recommended.

Please call us with any questions. We thank you for letting us be a part of your overall oral health!

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## HOW TO CLEAN YOUR DENTURE

- 1) Dentures can break, so always fill the sink with water, then clean your dentures over the sink, just in case they slip out of your hands by accident.
- 2) Rinse your dentures thoroughly to remove loose food particles. Use cool or warm water. But never use hot water – it can warp your dentures.
- 3) Apply a denture cleaning paste to a moistened denture brush or a soft-bristled toothbrush. Do not use ordinary toothpaste, bleach, vinegar or soap unless directed to do so by your dental professional.
- 4) Brush all surfaces thoroughly. Avoid using brushes with stiff bristles, as they can damage the denture material.
- 5) Rinse dentures well under the faucet to remove all traces of cleaning paste.
- 6) While you sleep at night, soak your dentures in a cleanser (such as Fixodent®) or one recommended by your dental professional.
- 7) Brush your gums, tongue and palate with a soft-bristled regular toothbrush to remove plaque and stimulate circulation. Then reinsert your dentures.
- 8) To give your mouth an extra, fresh clean feeling, rinse with a mouthwash several times a day.