



CARE INSTRUCTIONS FOR YOUR DENTURES

The dentures you have received are a replacement for your missing teeth. They will provide better support for your jaw, restore your chewing ability and achieve your desired appearance.

LEARN HOW TO USE YOUR DENTURES

Every person has individual experiences, so, please be patient! Your experience will be unlike anyone else. Please allow at least 7-10 days before your dentures feel as though they are part of your body. If you have **difficulty with speech** at first, practice by reading or talking aloud and you will soon master this skill. It is normal to have difficulty chewing efficiently during your first few meals. Some suggestions are to cut food into small pieces, take small bites, **eat slowly and use BOTH sides of your back teeth**. Tearing into food with your upper front teeth will loosen your upper denture. Learning to use your new denture(s) RENU will take time and patience.

DENTURE CARE

- Always keep your mouth and your denture as clean as possible. Failure to do so may damage your gums.
- We recommend that you remove and clean the dentures after each meal to rinse out any food or debris.
- Remove your dentures **every night**. Your tissues need at least 8 hrs daily to breathe. If not, you can develop thrush (oral candidiasis).
- Use regular liquid soap or special denture paste to do clean your dentures with a denture brush. When your dentures are out of your mouth, **store them in fresh clean water**. This prevents the plastic from drying and warping.
- Denture cleansers can be used, but only after you have scrubbed your dentures.
- Dentures are slippery when wet, so **brush them over a basin filled with water**, or over a towel. If you should drop and damage the denture, please DO NOT attempt to make your own repairs.
- In the morning, **brush your gums** with your toothbrush to massage your tissues. This will help keep them healthy!
- Develop the habit of examining your mouth in the mirror. This is the best insurance against oral diseases and damage to your tissues

RETURN APPOINTMENTS

Your first scheduled appointment after receiving your new dentures is a very important office visit. The doctor will treat any sore tissues by making adjustments that may need to be done at that time. Several return appointments may be necessary until you are completely comfortable. Over time, your gums can change or recede, so your dentures may need to be relined or

replaced. We recommend x-rays **every 2 years** and **an exam every year**, which include an oral cancer screening and evaluation of the fit of the dentures. If applicable, implant attachments may need changing every 6 months to a year. Home remedies for ill-fitting dentures will aggravate the situation and probably cause greater bone and tissue loss.

If you have any questions or concerns about your dentures or your oral health, please ask! If you have questions, or concerns, please feel free to contact our office at 925-425-7545. We want to work with you to make your experience a pleasant one and to get you back to your regular routine as soon as possible!