



## STOCKBRIDGE-MUNSEE HEALTH & WELLNESS CENTER DENTAL

W12802 County Road A, P.O. Box 86 Bowler, WI 54416

TELEPHONE: (715) 793-5019

### How to Care for Your New Denture or Partial Denture

**EATING** It will take some time for you to learn to eat a “normal” diet. During the first few days we recommend a soft diet. Try to avoid hard, sticky foods until you have more experience with your dentures. While some experienced denture wearers will tell you they can eat anything, from apples to corn on the cob, this is the exception, not the rule. Most patients will find some restrictions in the foods they can manage with their dentures.

**SPEAKING** Your speech may be affected by your new denture until your muscles get accustomed to controlling the dentures. The learning process is enhanced by practice; the more you talk with the dentures in place the sooner your muscles will coordinate movement and allow you to sound “normal”. Reading out loud will help speed the process.

**REMOVE DENTURES NIGHTLY** Dentures should be removed nightly to be cleaned, allow for cleaning of the gums, and to give the gums a break from the forces of dentures. Sleeping with dentures in your mouth will greatly increase your odds of contracting a fungal infection.

**CLEANING DENTURES(NO TOOTHPASTE)** Dentures should be scrubbed and cleaned every day using a soft bristle toothbrush or denture brush. You can scrub with dish soap, denture cleaning solution, mouthwash, or cold water. Be sure to scrub the inside and outside thoroughly.

**SOAK DENTURES NIGHTLY(AVOID HOT WATER)** Dentures need to be kept moist when not being worn so they do not dry out or lose their shape. Soak your dentures in water or a denture cleaning solution overnight every night. You can use the covered container we have provided for you. Soaking is NOT a substitute for brushing.

**MAINTENANCE AND YEARLY RECALL** Dentures are not meant to last forever, normal usage and wear will result in a well-made denture needing replacement every 6-8 years. You may need to have your denture relined prior to that to improve the fit. We recommend a yearly appointment with your dentist to assess your gums and denture.

**DENTURE ADHESIVES** Some patients prefer to use denture adhesives to improve retention. Whether you choose powder or paste, be sure to use the recommended amount by the manufacturer. Too much adhesive can actually reduce the effectiveness of the adhesive. At the end of the day be sure to remove all adhesive from your gums and denture.

**OTHER COMPLICATIONS** You may notice more saliva in your mouth when you get your new dentures. This is normal and will improve over time. When you sneeze, cough or yawn, your dentures may loosen. This is normal. It does not mean the dentures don't fit. This too will improve over time.

**KEEP TRACK OF YOUR DENTURES** Many dentures look alike. Be very careful to avoid mixing up your dentures with someone else's. Your dentures are custom made to fit only your mouth. It should also be noted that dogs are known for chewing on dentures. Keep your dentures away from pets to avoid breakage.

**STORAGE OF OLD (SPARE) DENTURES** If your old dentures are in good shape, they can be kept as a spare set in case of emergency. To keep your dentures in good shape, clean them thoroughly, dry them completely and immediately place them in a zip lock bag in your freezer.

**PARTIAL DENTURES WITH METAL(NO BLEACH)** Avoid cleaning solutions that contain bleach or any other chemical that can tarnish or weaken the metal clasps on your denture.

**IMMEDIATE/INTERIM DENTURES** An immediate or interim denture is placed on the same day as when the teeth are extracted, often at the same appointment. Immediate/Interim dentures differ based on how long they are expected to last. An immediate denture is expected to last as long as a normal denture and is often given a hard reline after the first few months of wear in order to improve the fit. An interim denture is a "healing denture" or "temporary denture" to be worn while tissues heal and until a new complete denture can be fabricated. Interim dentures are often "soft relined" with a material called a tissue conditioner to improve fit while the new denture is being made.

**IMMEDIATE/INTERIM DENTURES POST-OP** Immediate/Interim dentures should be left in the mouth for the first 48 hours after extractions/delivery, including at night. After the first 48 hours the denture can be removed to be cleaned but should be re-inserted directly after cleaning and worn for another 24 hours. 72 hours(3days) after the extraction/delivery appointment, the denture should be removed each night and treated much like any other denture. Your immediate/interim denture may need multiple adjustments and likely a reline as your tissues heal and change with time.

**SORE SPOTS** Most dentures will develop sore spots after delivery. Sore spots can often be relieved in a short appointment with your dentist. Call to schedule an appointment if you feel as if your denture has developed a sore spot.

**QUESTIONS** If you have any questions or concerns regarding your denture, please contact your dental office via phone, email, or appointment.