



Denture Instructions

Initial Adjustment Period

- Leave dentures in for 24 hours after initial placement. A follow up appointment should be scheduled to make sure they fit properly 24 hours later.
- Sore spots during this 24 hours are NORMAL and part of the fitting process. Please leave the denture in.

Denture Do's

- Do clean dentures by using a soft toothbrush and ordinary facial soap. Clean all around, teeth and gums. Dirty dentures will lead to irritation, infection, and sores. (Do NOT use toothpaste).
- Do continue to see Dr. Kelson for checkups and oral care. Not only can he check for proper fit but he will be able to check for many other things (cancer, sores, TMJ, etc).
- Do soak your dentures each night in a solvent (such as Efferdent, Polident, or this home solution - 1 tablespoon bleach, 1 tablespoon Calgon, 1 cup **luke** warm water).
- Do rinse dentures with luke warm water before inserting in mouth.
- Do cut up food into smaller bite-sized pieces.
- Do avoid sticky foods. Biting foods with your front teeth will tend to dislodge your dentures. Learning to eat foods on both sides of your mouth may be helpful.
- Do read out loud and practice talking with your dentures to speed up the adjustment process.

Denture Do NOT's

- Do NOT use toothpaste to clean dentures, it is too abrasive and will harm your dentures.
- Do NOT soak them in hot water, this will warp the denture and ruin it.
- Do NOT leave dentures in overnight while you sleep (other than initial 24 hour period). Your gums need time to rest as well.
- Do NOT adjust or repair dentures yourself. Bringing in any pieces will increase the possibility Dr. Kelson can repair the denture and ensure a proper fit.
- Do NOT use denture adhesives...only at the advice of Dr. Kelson
- Do NOT use strong bleach on dentures. (Use a recommended solution such as Polident or Efferdent)

A Few Tips

- At first you may find your dentures slipping out of place when you laugh, cough, or even smile. To reposition them, gently close your teeth together and swallow.
- Adjustment will take some time. Simple things such as eating, speaking, and appearance will take a bit of adjusting too. Your muscles must relearn how to retain the denture, as well as say certain words. Reading out loud and practicing difficult words **will** help, and over time they will seem normal.
- No matter how great the fit or how thin the denture, they **WILL** feel big. You will probably feel an increase in saliva during the first few weeks and may have a gagging sensation at times. After your oral tissue becomes adjusted those irritations should decrease.
- Some facial expressions may seem different. After your cheek and lip muscles become accustomed to the denture, a more normal expression will return. Saying some words may feel different as well. Practice slowly the word. If you continue to have problems, let Dr. Kelson know.
- Start with soft foods while your muscles adjust to the denture. Chew with your back teeth to keep the denture from tipping. As you feel comfortable, try coarser and harder foods until you are to a more normal diet. Remember, learning to chew with dentures will take some practice and time!
- Care for your mouth each day by gently brushing your gums, tongue, and palate before placing your dentures. Massaging your gums by placing your thumb and index finger over the ridge and using a press and release method, promotes circulation and good oral health.
- Handle your dentures carefully, even dropping them a few inches can result in broken teeth or altering the denture base. Holding them too firmly when brushing can even cause them to break. Always keep them out of the reach of children and pets.
- When cleaning or inserting dentures, hold them over a half filled sink of water or a towel to act as a cushion just in case you accidentally drop them.

Long Term

- By maintaining your dentures you will ensure they keep their shape. However, your mouth continues to change. Gums and bones may shrink over time. You may experience difficulty speaking, biting of your cheek, or loose and unstable dentures. If this continues contact Dr. Kelson.
- When your dentures are not in your mouth, make sure they are in water or a denture solution. Dentures can dry out and will warp their shape.

Please contact our office at 720-684-5477 with any questions or concerns.