



## Instructions to Denture Patients

### 1. What to expect from your new dentures

- a. You must learn to manipulate your new dentures. Most patients require at least 3 weeks to learn how to use new dentures, and some patients need more time.
- b. Dentures are not as efficient as natural teeth. You should not expect to chew as well with your dentures as you would with your natural teeth. Dentures are better than no teeth at all. Start small bites of easy to manage foods. Do not try to bite with your front teeth.
- c. Speaking will feel awkward for a while. Diligent practice usually enables a patient with new dentures to speak clearly within a few days.

### 2. Adjustments

- a. You must return to Washburn Family Dentistry for follow up treatment after the dentures have been inserted. In nearly every instance, it is necessary to make some minor adjustments to the denture.
- b. Most patients must make some adjustments in their attitude and habits if they are to wear dentures successfully.
- c. If you develop soreness, do not become alarmed. Call 678-455-4560 for an appointment. Do not expect the soreness to go away by itself.
- d. If you are unable to reach the office for an extended period of time, remove the prostheses to prevent excess tissue damage.

### 3. Cleaning

- a. Your dentures and supporting ridges must be cleaned carefully after each meal. Denture breath is a result of dirty dentures.
- b. Clean your gums with a soft brush and toothpaste.
- c. Clean your dentures with liquid detergent and gentle brushing with a soft brush.
- d. Soak your dentures at night in a denture cleaner.

### 4. Your Oral Health

- a. Nature did not intend for man to wear dentures. We must be very careful of the supporting tissue.
- b. In addition to keeping the dentures meticulously clean, you must rest the tissues at least eight hours a day. Most patients find it convenient to leave their dentures out at night.
- c. The tissues that support your dentures are constantly changing. This will result in denture looseness. However, looseness can result from many causes. With time, your dentures will need either refitting or replacement. In any event, you should call Washburn Family Dentistry 678-455-4560 to make an appointment.