



Caring For Your Dentures

It is important that your dentures, like natural teeth, be kept free from plaque and tartar. This prevents permanent staining and bad breath. Use a denture brush and one of the many commercial cleaning products to thoroughly clean all the surfaces of your dentures at least once a day.

Using a soft bristle toothbrush, brush your remaining teeth, as well as your tongue, palate, and gums. This not only removes plaque and keeps your breath fresh, it also massages your gums and stimulates circulation, keeping your natural teeth and tissues healthy.

Tough stains and tartar can be removed by soaking your dentures in a denture cleanser for several hours. After you've cleaned your dentures, always remember to rinse them in water before placing them in your mouth.

Whenever they are out of your mouth, your dentures should be stored in water.

See us regularly for examinations to ensure that your dentures fit properly and your mouth stays healthy.

Always let us know right away if you notice any changes in your bite or fit.

In order to receive the maximum benefit from your new set of dentures, you must understand some simple facts and follow a few simple rules.

Facts:

1. Dentures only work 20% to 40% as good as the natural teeth Mother Nature gave to you.
2. There is an adjustment period that varies from patient to patient. Until you get accustomed to the dentures you will not function well with them.
3. You must wear the dentures to get accustomed to them.
4. During the adjustment period you will probably experience: (A) Extra saliva in your mouth (B) Difficulty in speaking (C) Difficulty in chewing (D) Sore spots. The severeness of these problems vary greatly depending upon how good your ridges (bone supporting the dentures) are and the muscle co-ordination that you have.

Simple Rules to follow:

1. Wear the dentures even though they feel like you have a mouth full. It is no different from trying to get accustomed to an artificial leg. In time it becomes more and more a part of you.
2. To help you learn to speak clearly we suggest you read a magazine out loud to yourself. Gradually your tongue will find out where everything is and words will come easier.
3. The dentures do not have roots to hold them in place. To help prevent tipping, chew with food on both sides at the same time.
4. Start with a soft diet, also divide the food into small pieces on your plate with a knife and fork. You must crawl before you walk.

7500 Bryan Dairy Road, Ste C Largo, FL · (727) 548-7100

mouthdocs.com · mouthdocs@gmail.com

Simple Rules to Follow cont.:

5. Your gums need air for health and to prevent yeast from growing on them. For this reason the denture **MUST NOT BE KEPT IN THE MOUTH 24 HOURS A DAY**. Remove them for a minimum of 8 hours out of 24. Most patients prefer to leave them out at night while sleeping.
6. Clean the dentures over ½ basin of water to prevent breakage if dropped.
7. Do not switch back and forth between an old set and the new dentures. If this practice continues neither set may fit well.
8. Make no adjustments yourself! Let your dentist do the adjustments. An inexperienced person can make a good denture unusable by home adjustments.
9. If we have recommended denture adhesive be sure to remove it all from your gums and dentures every day before replacing it.

Good luck and wear your dentures in good health.

