



J. PARHAM

DENTISTRY

WHAT TO EXPECT WITH NEW DENTURES / PARTIAL DENTURES

Dentures are an artificial replacement of your natural teeth, and just as with any other prosthesis, it will not behave and function exactly as what it has replaced. The dentures may be uncomfortable and awkward at first, and will likely require several adjustments during the initial "breaking in" stages. The following suggestions are presented to help you adapt and properly care for your new dentures. If you had teeth removed in conjunction with your denture (immediate dentures) please also reference the ["Home Care Instructions - Following Dental Extractions"](#) which were given to you in hard copy format at your appointment and which are also available on our website.

Eating:

- Initially you will need to have a liquid/soft diet (foods like soups, yogurt, pasta, eggs, smoothies, etc.) for the first few days following the placement of your dentures.
- You may start to move into more solid foods as you adapt better to your dentures. More difficult foods (steak, apples, carrots, etc.) will require a more gradual learning curve.
- Many times dentures and partials give difficulty in the beginning stages while swallowing and may cause gagging. With time, this will improve.

Speaking:

- Learning to talk with your new dentures in place requires some patience and practice
- Reading aloud is a very good way to relearn your normal speech

Sore Spots:

- Sore spots are likely to develop following the initial wearing of your new denture. The sore spots often develop from uneven pressure on the denture.
- Adjustments are best made following 3-6 hours of continuous wear of the denture. This helps identify the precise area that is causing the sore spot – which may be easily trimmed to improve your comfort. Contact our office as needed for adjustments.

Looseness:

- If you had teeth removed the same day as your denture was inserted (immediate dentures) the denture will likely start to feel loose as the gums and bone heal and shrink. This is normal and during this healing period your denture may require a temporary liner to improve the fit of your denture.

- After 3-6 months when complete healing is finished, a permanent new liner will need to be placed in the denture to improve the fit and retention. Occasionally, depending on how much shrinkage has occurred, an entirely new denture may need to be fabricated.

Home Care:

- Please remove your dentures for at least 6-8 hours each day (usually at night while sleeping). This will help keep your gums healthy and keep your denture fitting better, longer.
- Brush your gums, tongue, and palate with a regular toothbrush to remove plaque, bacteria, and to stimulate good circulation to keep the supporting tissues healthy.
- Dentures should always be kept in a denture case partially filled with water or your favorite brand of denture cleaner – dentures may warp if not always kept in a humid/wet environment.
- Always store your dentures in a safe place. Pets, particularly dogs, love to use your dentures as their new favorite chew toy.
- Denture adhesives may be used as needed. There are many types and brands available. If you find you need an adhesive to give you more retention – find a brand that works for you. Please be sure to adequately remove the adhesives daily from your denture as well as making sure to clean your gum tissues.

Cleaning:

- Dentures of any kind should be cleaned nightly and after meals as they can collect food, plaque, and tartar build-up just as normal teeth do.
- Inadequate daily cleaning of your denture will cause premature staining and odor accumulation with the denture.
- When cleaning your dentures always do so over a sink filled at least ½ with water (they can and will break if dropped on a hard surface).
- Do NOT use abrasive household cleaners, bleach, vinegar, or toothpaste on your denture.
- Regular soap and a denture brush (one was given to you in your homecare kit) are all you need to adequately and effectively clean your dentures.
- While you sleep at night, soak your denture or partial denture in a denture cleanser. There are several brands available at Target, Walgreens, Walmart, etc. Find a brand that you like, as they all work very similarly.

***CONTACT OUR OFFICE AT (479) 756-8631 WITH ANY QUESTIONS OR CONCERNS YOU MAY HAVE ***



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HOME CARE INSTRUCTIONS – COMPLETE AND PARTIAL DENTURES

- **Remember - Do NOT Make Adjustments or Repairs Yourself**

The initial few weeks of denture wearing can sometimes be challenging as you adjust to them. Initially, you may experience some difficulty with chewing and speech until you get used to them. You may also need some adhesive to help hold them in place better. You may want to experiment with the different brands or amounts of adhesive to see which works best for you. To remove your dentures, you may try various finger positions to dislodge them. You can try pulling only the left or right side of the denture. To remove the upper denture, you can try placing your thumb against the front teeth and pressing upward toward your nose. To remove the lower denture, slowly pull on the denture while applying a rocking motion. Partial dentures may be removed by engaging the acrylic with your nails and gently rocking them out. Soon you will be able to place and remove your denture without even thinking about it as it will eventually become second nature to you.

The material that your dentures/partials are made from has microscopic holes that can collect food debris and/or bacteria. Dentures can become unhygienic because they are in your mouth on a daily basis and sometimes worn 24 hours/day. To help minimize this and prolong the life of your dentures, it is essential that you:

- 1) Rinse your mouth after each meal to decrease irritation from food debris.
- 2) Remove your dentures/partials when you rinse with mouthwash.
- 3) Rinse your dentures/partials after every meal to remove food debris.
- 4) Clean your denture/partials thoroughly twice a day with a denture brush (this came with your denture kit) and a non-abrasive denture cleanser to help reduce staining, bad breath, and irritation. Regular toothpaste is too abrasive for denture care.
- 5) You may soak your dentures/partials in warm water or a denture cleaner until tartar can be brushed or washed away.
- 6) If you wear a partial denture make sure to clean the area around the clasps, as trapped food particles and bacteria may cause the abutment teeth to be more susceptible to decay.
- 7) Don't use alcohol, abrasive cleaners, bleaches, whiteners, Listerine, etc. as they may breakdown or scratch the surface of the denture. Harsh products like bleach will turn the pink parts of your denture white.
- 8) Do not use boiling water, the dishwasher, or the microwave to clean or soak your dentures because it will warp them.
- 9) Dentures are fragile, so it is important to handle them with care.

- 10) Do not wear your dentures/partials at night. The gum tissue needs to rest and allow for normal stimulation and cleansing by the tongue and saliva in order to promote better long term health of your gums.
- 11) Massage your gums in the morning and evening with a thumb or finger to stimulate them and keep them firm.
- 12) You may leave the dentures/partials out whenever you like as long as you are able to keep them wet or moist. After cleaning them, wrap them in a wet paper towel, or store them in your denture case with a little water. Do NOT let them dry out.
- 13) You may bleach your denture brush in a mix of 50% water / 50% bleach solution once a week to clean it.
- 14) To help inhibit fungal growth, you may soak your complete dentures in 50% vinegar / 50% water solution or you may also place a small amount of Aloe Vera gel into your denture once a day. It does not taste very well, but Aloe Vera is a pretty well-rounded antifungal agent. Do not place partials or dentures with soft liners in this solution as it will corrode/destroy the metal parts and soft lining material.
- 15) Keep your appliances away from curious small children or pets.

When you first notice any signs of discomfort **CONTACT US** at once. Please do not adjust your dentures/partials yourself as this may damage the appliance or the teeth holding the appliance in.

Immediate dentures will need to be evaluated on a more regular basis initially and may need to be relined several times as the gum tissue heals and the bony ridges remodel themselves after the extractions. Please be sure to keep all your follow-up appointments.

It is recommended that you keep your regular periodic exams in order for us to examine your gum tissues for signs of disease, irritation, or cancer. Please also bring your dentures/partials with you to every appointment. As you age, your mouth will continue to change as the bone under the denture shrinks or recedes and wears away. Loose dentures make it hard to eat and speak and do not support the face as intended. Your dentures/partials may need to be adjusted or relined after some time to compensate for these changes. Also, a new denture/partial should be made about every seven (7) years or when they no longer fit well or cannot be used comfortably.



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HOME CARE INSTRUCTIONS – IMMEDIATE DENTURES

- Please leave your denture(s) in for a full 24 hours following your extractions
 - o Your doctor will remove your immediate denture for the first time at your follow-up appointment that next day
 - o After that time, you may carefully remove your denture using both hands
 - [Please do this over a sink filled $\frac{1}{2}$ with water to avoid possibly dropping and damaging your denture]
- You may clean the denture under cold water using only a denture brush (without any soaps, cleaners, or toothpaste).
- After cleaning the denture, set it aside in a safe place and rinse your mouth with salt water. After rinsing you may reinsert your denture.
 - o After the denture is in place, you may brush and clean any natural teeth as you normally would.
 - o Repeat this process for the next three mornings.
- After the initial 3 days of following the above routine, you should take the denture out at bedtime.
 - o Rinse and scrub it as described above.
 - o Rinse your mouth again with the warm salt water.
 - o Put the denture in your denture container (given to you in your home care kit) and cover it with clean, cold water. Leave it there while you sleep.
 - o After rinsing it again, put it back in your mouth in the morning.
- Continue with warm salt water rinses for at least 7-10 days.
- Please remember to take any prescribed medications as directed by Dr. Hanby or Dr. Parham.
 - o Continue taking any other medication(s) you are prescribed as directed by your physician.



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HOME CARE INSTRUCTIONS – DENTURES WITH SOFT OR TEMPORARY LININGS

- 1) Soak your denture in a denture cleaning product, using only lukewarm, almost cool water. Hot water may damage the lining material.
- 2) Soak the denture in the cleaning solution for up to, but no longer than 30 minutes per day.
- 3) During the first several days, use cotton balls or tips to swab the lining material. After this, you may try using a soft bristled brush.
- 4) Hot food and heavy chewing is not recommended for the first day. Also, since the lining is soft, small materials like seeds may become embedded in the lining.
- 5) Do not allow the lining to become dry. Keep your denture in water while it is out of your mouth.
- 6) Please keep your regular dental appointments and remember to always bring your appliances with you for routine evaluation.
- 7) Please also follow the appropriate recommended home care tips (available on our website and on the hard copy given to you at your denture/partial delivery appointment).



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HOME CARE INSTRUCTIONS – CARING FOR YOUR FLEXIBLE DENTURE (VALPLAST®)

Flexible dentures (Valplast®), like your own teeth, require care and good oral hygiene. To keep your Valplast® appliance looking and feeling like new, please follow these simple directions:

- 1) Clean your Valplast® appliance regularly.
- 2) Rinse your Valplast® appliance under running water after eating to remove any food particles. A sonic denture cleaner may also be used.
- 3) Do NOT use alcohol, abrasive cleaners, bleaches, whiteners, Listerine, etc. as they may breakdown or scratch the surface of the denture. Harsh products like bleach will turn the pink parts of your denture white.
- 4) Brushing your Valplast® appliance is NOT recommended as this may remove the polish and roughen the surface over time.
- 5) Keep your Valplast® appliance in water whenever it is not being worn to keep the surface hydrated.
- 6) Soak the appliance in denture cleaner for 10-15 minutes each day, or overnight at least three times per week if it collects heavy deposits of calculus/tartar. You may use Valplast's [Val-Clean® Concentrated Denture Cleaner](#).
- 7) Do NOT use boiling water, the dishwasher, or the microwave to clean or soak your dentures because it will warp them.
- 8) Remember to remove the appliance before brushing your natural teeth and gums or rinsing with mouthwash.
- 9) Please keep your regular dental appointments and remember to always bring your appliances with you for routine evaluation.
- 10) Please also follow the appropriate recommended home care tips (available on our website and on the hard copy given to you at your denture/partial delivery appointment).