

INSTRUCTIONS TO DENTURE PATIENTS

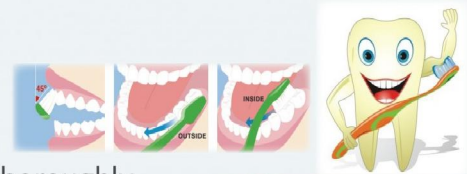
Most important:

1. **Take dentures out at night.** Give your gums some rest and time to heal and restore from pressure.
2. **Keep dentures CLEAN! Warm water, liquid soap and soft brush** – gently brush plaque off. Do not use toothpaste as it scratches the plastic. Worst case scenario (when nothing is available): use your fingers under running water to rub off plaque. Keep dentures CLEAN!
3. When not in the mouth – **store dentures wet** (in plain water or denture cleaner like Polident tabs etc). Dentures may distort if left dry for long.
4. Often **new dentures may cause sore spot** on the gums (like new shoes sometimes) – call us and come back for adjustment. It's our job to make you comfortable.

HOW TO KEEP YOUR DENTURES CLEAN

REMEMBER:

BRUSH-SOAK-BRUSH



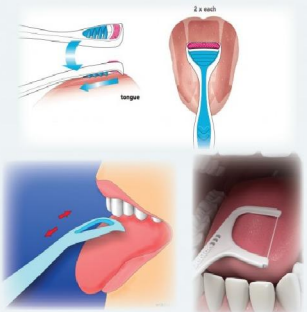
Always **brush** your dentures thoroughly before soaking, to remove loose food particles. Never use hot water; it can warp your dentures.



Soak your dentures overnight to keep them moist and to keep their shape.



Before reinserting your dentures, **brush** your gums, tongue and roof of your mouth with a toothbrush.



HELPFUL TIPS



Handle with care. Your dentures can be broken. Clean them over a bowl of water or a towel in case you drop them.

Schedule regular dental checkups to have your dentures professionally cleaned. If they begin to slip or cause discomfort, notify your dentist. Loose dentures can cause irritation, sores and infection.

Small print

A. WHAT TO EXPECT FROM YOUR NEW DENTURES

1. **You must learn to manipulate your new dentures.** Most patients require about 3 weeks to learn to use new dentures, and some patients require more time. **Don't give up or become frustrated.** After a while your brain will accept denture as a part of you rather than a foreign object in the mouth.
2. Dentures are not as efficient as natural teeth so you should not expect to chew as well with dentures as with your natural teeth. Dentures are better than no teeth at all. **Start with small bites** to easier manage foods. Do not try to bite with your front teeth. Use the area of the canine teeth to bite foods, but it is even better to cut the food into small pieces before attempting to chew.
3. **Speaking will feel awkward for a while.** Diligent practice usually enables a patient with new dentures to speak clearly within a few days.

B. ADJUSTMENTS

1. In nearly every instance, it is necessary to **make minor adjustments** to the denture. If you develop soreness, do not become alarmed. Call your dentist for an appointment.
2. If you had your denture done right after extraction of teeth - changes in bone will be most noticeable in the first few months. **As bone support shrinks - denture feel loose and less comfortable.** This is inevitable and expected course of events. Initially try using Poligrip denture adhesive paste to deal with looseness, later (about 6 months to 1 year) you will need to come back to your dentist for a reline (rebasin) to match denture to your changed jawbone shape.
3. If your denture had metal parts - metal clasps that wrap around the may lose the retention following repeated use. Don't use pliers to bend clasps. Clasps are fragile and can easily break. Slight finger pressure can reactivate the clasp and improve retention.

C. CLEANING

1. Your dentures and supporting ridges must be cleaned carefully after each meal. "Denture breath" is a result of dirty dentures. **Clean your dentures with liquid dish detergent** and warm water, and gently brush with a soft denture brush. **Do not use toothpaste.** It is abrasive and will scratch the polished denture surface. Do not use alcohol, peroxide or boiling water for denture care.
3. Soak your dentures at night in a denture cleaner or water. **Store dentures wet, not dry.**
4. Clean your gums with a soft brush and toothpaste.

D. YOUR ORAL HEALTH

1. Nature did not intend for people to wear dentures. Thus you must take care of the supporting tissue.
2. In addition to keeping the dentures **meticulously clean**, you must rest the gums at least 6-8 hours a day. Most patients find it convenient to leave their dentures out at night.
3. The tissues that support your dentures are constantly changing. This may 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 book an appointment when you notice excessive looseness.
4. Annual examinations of the supporting tissue for abnormalities and to assess the function and fit of the denture are important for your overall dental health.
5. If you are suffering from dry mouth use "Oral balance" moisturizing gel from Biotene. It can be used to keep tissues moist and can be placed on the partial denture to increase moisture of the gum tissue (www.biotene.com).