

### Denture Cleaning Instructions

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1. Brush your dentures/partial dentures with a soft tooth brush or denture brush with soap and water. Do Not use toothpaste. It has abrasives that will scratch and wear away the surface.
2. Just soaking WILL NOT clean your dentures. The debris must be physically removed with a brush.
3. **NEVER SOAK YOUR DENTURE OR PARTIAL DENTURE IN CLOROX OR ANY TYPE BLEACH!** It will turn the pink acrylic white and the metal of the partial denture black.
4. After brushing you can soak your dentures in a denture soak or in 50/50 mix of mouthwash and water to freshen them while you sleep.
5. Good hygiene will help avoid "Denture Breath".

### Notes to consider

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- Nature did not intend for man to wear dentures. We must, therefore, be very careful of the supporting tissues.
- In addition to keeping the dentures meticulously clean, you must rest the tissues at least 6-8 hours a day. At night, while you sleep is the best time to accomplish this.  
**NEVER SLEEP IN YOUR DENTURES!** Take them out to give the gums, and teeth if you wear Partial Dentures, a break. Otherwise, they will fit more loosely, and the tissues may have more sore spots and inflammation. The constant pressure will also cause increased bone loss over the years.
- The tissues that support your dentures are constantly changing; therefore, you must return for a check up at least yearly.
- At some point your dentures will need to be relined, or remade, depending on the wear on the teeth, and how quickly your bone is remodeling.

### What to expect from your new dentures

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1. You must learn to manipulate your new dentures. Most patients require at least 1-3 wks to learn to use new dentures, and some require more time.
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. They are, however, better than no teeth at all.
3. There may be foods that you could eat with your natural teeth that you can not eat with dentures. Everyone is different and what you can and cannot eat is very dependent on how well developed your ridges are. Some people have plenty of bone and nice tall ridges, thus, they can eat a wider variety of foods.
4. Start with small bites of easy to manage foods. Remember that a knife and fork are essential when eating with dentures to cut your food into manageable bites. Add different types of foods and textures of foods until you discover what you can and can not eat.
5. Nuts and hard crunchy or tough chewy foods **WILL BE** hard on your ridges and could make sore spots. These will clear up on their own in 3-5 days.  
**Note:** Any sore that remains longer than this is more than a friction rub and is being caused by the denture. You will need to return and have the pressure spot adjusted on the denture.
6. Speaking may feel awkward for a while. Usually, you will adapted within the first 24 hrs. If you do not, try reading aloud and your tongue and brain will get coordinated to the new surfaces they are forming the words against.

### Adjustments

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**Adjustments are expected.** Usually within 1-3 adjustments we will have the sores worked out and from that time on the dentures should be no trouble, with the exception of friction rubs, previously mentioned. These will resolve on their own in 3-5 days.

We do not charge for the first 1-5 adjustments, after that there is an office visit fee. Please do not walk around hurting; Come in and let us make your dentures fit you. We do not want you to hurt until you fit your dentures.

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*For questions, please call us at 770.934.2339  
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