



Patient Instructions after Dentures

- Dentures are constructed so that they rest on top of your gum tissue. Therefore, all the chewing forces must be borne by your gum tissue and underlying bone. As a consequence, you may experience some soreness or discomfort under the denture base. This may be alleviated by adjustments and tissue treatment. In some cases, it takes several appointments before the denture can be comfortable.
- If this is your first denture, it may take a while to become acclimated to how it feels. Initially, the denture may stimulate your gag reflex, feel very large in your mouth or simply feel strange. Even experienced denture wearers need some time to adjust new dentures. Any continuing pain, discomfort or difficulty adapting to your denture should be brought to our attention.
- If you discontinue wearing your denture for an extended period of time, you may find that it will not fit properly when you attempt to wear it again. This is due to changes in the gum tissue over time. If this occurs, please call our office. In extreme cases, a new denture base may need to be constructed.
- Clean your denture using an over the counter denture cleaner (i.e Polident). Also, brush your denture using water and a mild soap. Do not use toothpaste, as many contain abrasives that may damage your denture. Do not soak your denture in bleach to remove any stain or discoloration.
- Your gums need several hours a day to relax and rest of the denture. Therefore, your dentures must be removed and left out of the mouth for 6-8 hours each day. We recommend you sleep without your dentures in place as this is the most convenient time to go without your dentures.

Please follow these home instructions carefully and call our office if you have any questions or concerns. (704) 542-7552.