



POSTOPERATIVE DENTURE AND RPD INSTRUCTIONS:

1- You will experience some discomfort with a new denture for a few days. Most new dentures need several adjustments to comfortably fit your mouth. Please don't attempt to make adjustments to the denture yourself.

2- You should take the dentures out every night and keep them in a container filled with water or denture cleaning solution. Your gums need to rest and be without the dentures every day for a period of time; failure to do so can result in oral yeast infections and irritations. You can soak the denture in a mixture of 1 tablespoon of white vinegar in a bowl of water overnight; this is especially useful for patients who are prone to tartar (calculus) deposits. (If you got tartar/calculus build-up on your natural teeth easily, it can also build up on your denture.)

3- We often have patients ask us if it is ok to soak their denture in household bleach. This can be done with a VERY SMALL AMOUNT of bleach (1 tablespoon) in a cup of water, and it should only be done on dentures that have NO METAL COMPONENTS. The solution should be used about 1x/month (place the prosthesis in a cup of water with about 1 tablespoon of bleach to soak in overnight; thoroughly rinse the denture before placing it in your mouth). Again, DO NOT USE BLEACH with a partial denture that has metal components (like clasps) or the bleach can corrode it.

4- Clean dentures thoroughly with a brush and water before putting them back in your mouth. Be careful not to drop your denture; it can be damaged easily if it falls on a hard countertop or floor. It is best to clean it over a sink/bowl of water or over a surface covered with a towel to avoid damage.

5- It may be difficult to eat or talk normally with the new dentures for a few days. One way to practice is to read a book or newspaper out loud for a period of time every day. Lower dentures are more difficult to adjust to than upper dentures, and often implant placement is the best solution to secure a lower denture.

6- If you have an immediate denture (a denture that was placed at the same visit that teeth were removed), the adjustment and finalization process is more complex. The denture will require a reline (or possibly multiple relines) over the coming months as gum tissue heals and shrinks. An immediate denture sometimes needs to be remade when the patient is completely healed due to the limitations of the fabrication process (i.e.- inability to try denture in before delivery).

7- If you have a partial denture (you still have some of your own teeth that support the denture), you need to remove the partial denture and clean both your teeth and the appliance after every meal. The partial denture can trap plaque on tooth structure, especially at the clasp areas, and predispose the patient to decay. This is very important since denture wearers are usually patients with a high decay risk; it is also important to maintain a recall schedule to have your teeth cleaned and examined, your soft tissues examined for pathology, and your denture(s) checked.

8- Call our office at 706-857-4850 if you are experiencing pain, discomfort, or if you have any questions.