



Post-Op Instructions For Dentures and Partial Dentures

Cleaning: Over time dentures/partial dentures acquire stains and odour just like regular teeth. They can be cleaned daily with a denture brush and a mild soap and water or toothpaste. Brush your gums with a regular tooth brush once per day to toughen and clean them.

Partials only- Use special care to clean parts of the partial that contact any natural teeth. Both partial and the natural teeth must be kept very clean on a daily basis to reduce the chance of new dental decay starting. When not wearing your denture/partial store in clearly labelled, sealable container in water to increase the life and prevent shrinkage of the appliance. With that being said avoid leaving your partial/denture in your car, away from animals that can destroy or chew on your partial/dentures

Sore Spots: It is not unusual for your mouth to have a few “sore spots” after wearing the denture for 24 hrs. These areas can be relieved easily at a follow-up apt. with your dentist. If a severe sore spot develops which prevent wearing the denture and an appointment is made for an adjustment, please wear your denture for 24 hrs. prior to the appointment. This will greatly aid in pinpointing the exact location of the soreness.

Adjustment Period: Even if you have worn denture/partial before, there will be an adjustment period for you to get used to your new denture/partial. The new bite may feel awkward and bulky for several weeks. Dentures cover areas of your mouth that are normally bare. This might alter your speech and chewing ability and require that your tongue and lips adapt accordingly. For the first few days, you should wear your denture/partial for as long as possible. Practice inserting and removing your partial/denture.

Home Care and Follow up: Annual check-ups will allow your dentist to readjust/reline your dentures/partial to restore their fit and inspect the appliance for cracks or damage. Do not wear your complete or partial denture to bed. It is important for your gum tissue and jaw bone to rest a least 4-8 hrs. a day in order to prevent further tissue irritation, infection and future bone shrinkage. Wearing an ill-fitting denture for too long without refitting can cause severe bone loss and very serious oral disease.