

Jamila
MILLER D.D.S., M.S.D.

Prosthodontics & General Dentistry
9333 Calumet Ave., Suite D • Munster, IN 46321 • (219)836-4214 • drjamilamiller.com

DENTURE HOME-CARE INSTRUCTIONS

A COMPLETE DENTURE IS AN ARTIFICIAL REPLACEMENT:

Success with dentures is quite variable and is dependent upon many factors. Even the best removable denture moves during function. Some people don't notice the movement. Some people are so aware of movement that it interferes with satisfactory function. Everyone's denture experience is unique. Because a denture is only a replacement for natural teeth, it cannot be expected to perform with the same efficiency as the natural dentition. You can expect an 80% reduction in chewing efficiency.

The following changes in the mouth are the most common:

- Immediate swelling – lasts 1-3 days
- Increase in saliva – lasts 1-3 days
- Speech alteration – lasts 1-4 weeks
- Pain/discomfort – lasts 2 -7 days
- Gagging – lasts 48 hours
- Difficulty in swallowing – lasts 48 hours
- Facial appearance change – lasts 1 week to 6 months
- Mouth odor – lasts 1 week
- Minor bleeding – lasts 24 hours
- Difficulty in chewing – lasts 1-8 weeks

FOODS:

You will find tough foods, like corn and steak, difficult to chew and thin crisp foods the easier to chew. Your dentures are not as efficient as the natural dentition. Avoid excess pressure on the ridges (clenching and gum chewing). Avoid using the front teeth for biting (corn on-the-cob and sandwiches) this dislodges the upper denture. Use a knife and fork to cut these foods into quarter-size bites. Learn to chew on both sides of your mouth with small up and down motions.

SALIVA/SPEECH/EATING:

When your dentures are first inserted, they will feel large, you may salivate heavily, speech and eating may be difficult, and you may bite your lip, tongue, or cheek. You should expect most problems to improve within a few weeks, depending upon your ability to accommodate change.

ADHESIVE:

Denture retention is dependent upon the quality of your mouth, the fit and bite of the denture, but mostly your ability to manage foreign objects in your mouth. Denture adhesive augments retention, but should be used sparingly. If you find that you consistently use large amounts, it may mean that your denture needs to be relined or remade.

CONTROLLING LOWER DENTURE:

You may expect greater difficulty with the lower than with the upper denture. The pressure bearing area is much smaller, and being horseshoe shaped, can be displaced by the tongue and cheeks. Keeping the tongue forward and low in the mouth will help stabilize the lower by creating a seal in the horseshoe. You must learn to contain your movements. Quick or extreme movements can dislodge your denture. If you find that a certain movement annoys you or displaces the denture- avoid making that movement.

ORAL HYGIENE/DENTURE HYGIENE:

You should leave your dentures out at night (or at **minimum** four hours during the day). This provides the gums an opportunity to have oxygen to circulate around the tissues. The denture should be stored in water. Your tongue, palate, and ridges should be brushed daily. This will remove bacterial film, food debris, keep tissues healthy, and freshen breath. Rinse the dentures with water after eating. At least once a day, use a denture brush on both sides of the denture. Clean using hand soap or mild detergent, **do not use toothpaste** it is too abrasive. You can also soak dentures for 10 minutes in a commercial cleaner (e.g. Efferdent). However, cleaning with hand soap or mild detergent is fine as well. To avoid damage from dropping the dentures, clean them over a sink filled with water, or place a towel in the sink. Rinse the denture in clean water, do not soak a denture with a soft liner; it will cause rapid deterioration. If stubborn stains or calculus build up, soak the dentures in vinegar for 10 minutes. Brush and repeat if necessary. If you have heavy stains that you cannot remove please bring your dentures into the office for cleaning.

YOUR TROUBLES ARE NOT OVER. The average useful life of a denture is 6 to 7 years. This is not a permanent prosthesis. With proper care, yours may last longer. Your lowers may need to be relined every year. Don't "upset the apple cart" by attempting minor alterations or repairs yourself. They can usually be done quickly, inexpensively and correctly by a dentist.

You should still see us for yearly examinations, as well as your general dentist for hygiene if you have natural teeth or implants. There are numerous oral diseases, some of which can be quite serious; however, these can often be detected by a dentist even before you become aware of the problem.

YOU MAY NEED ADJUSTMENTS WHILE GETTING USE TO YOUR NEW DENTURES. Adjustments are an important part of the denture fabrication process. The number of adjustments can vary depending on how well your mouth adjusts to the dentures. If you feel you are having any soreness or pressure spots, call to make an adjustment appointment.

Signature _____ Date _____

Adjustments until _____
after this date a minimum office fee will be applied.