



Caring for Your Dentures

Congratulations on your new Denture(s). By utilizing the very best know materials, techniques and input from you and our entire dental staff, we have fabricated a superior Denture(s) for you. We are confident that with proper care you will have years of satisfaction from them. Please review the following in order to preserve the integrity of your Denture(s).

1. The front teeth of your Denture(s) are for looks only and not biting. Use the posterior (back) teeth for chewing.
2. Limit yourself to a soft foods diet temporarily until you are more comfortable.
3. Avoid biting excessively hard foods and objects because breakage will occur.
4. Take caution when eating hot foods; your Denture(s) are desensitized to heat but your exposed tissues are not.
5. Remove your Denture(s) for at least 6-8 hours every day particularly while sleeping. Not doing so will destroy your supporting soft tissue and bone, increase your chances of infection and shorten the life of the Denture(s)
6. Rinse your Denture(s) thoroughly after each meal.
7. Dentures will grow bacteria, fungus and yeast if not cleaned properly. Cleanse your Denture(s) thoroughly each day with a brush and non-abrasive cleaner and let stand in water or denture cleaner when out of your mouth.
8. Brush your gums and tongue with toothpaste each day.
9. Rinse with warm salt water to help alleviate discomfort from sore spots that may develop on your gums.
10. Please return to the office for adjustments as needed or instructed; do not adjust the Denture(s) yourself.
11. Your remaining soft tissue and bone will change shape and size with time which will change the way your Denture(s) fit. Please make us aware of any changes in the fit of your Denture(s); this may indicate the need for adjustments, relines or rebases.
12. Please keep 6 month recare appointments in order to evaluate your oral health and the fit of your Denture(s).
13. Do not use alcohol, abrasive cleansers, bleaches, whiteners, boiling water, or "do it yourself" denture repair materials on your Denture(s). All these items are harmful to your Denture(s).
14. Please call the office if you have an immediate issues or concerns at 919-528-4004.

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