

Post Op Information about **Your New Complete Dentures**

We have done our best to provide you with well-fitted, functional and aesthetically pleasing dentures. We are confident that after a few weeks of adjustment to them you will enjoy years of satisfaction and use from them. In the meantime, the following is information you need to know.

- 1. Your first few weeks.** New dentures always feel strange when first placed in your mouth. Several days or even a few weeks may be required for you to feel accustomed to them.
- 2. Sore Spots.** Your mouth will usually have a few sore spots about 24 hours after you first put them in. Such sore spots can be relieved by your doctor with very little effort. An initial readjustment appointment will be made, and another appointment about seven days later will usually eliminate sore areas.
- 3. Chewing.** The new “bite” or occlusion will not feel comfortable for a period of days. We will adjust the contacting surfaces of your teeth after 24 hours, and again in about a week after the dentures have “settled” in place.
- 4. Upper vs. Lower Dentures.** Your upper denture will rest comfortably in place with moderate to strong “suction.” Although your lower denture will have good stability, it is infrequent “suction” can be expected on a lower denture. Denture adhesive is recommended to retain both dentures better.
- 5. Cleaning the Dentures-and your Mouth.** . Your upper denture can be cleaned easily by using a denture brush and toothpaste. Denture soaks are also useful for your dentures. Brush your gums with a regular tooth brush once per day to toughen them and clean them. Take your dentures out when you go to bed. Store them in a denture bath with water.
- 6. The Future.** Your jaw bones and gums shrink up to 1/32 of an inch per year when your teeth are missing. This is one of the main disadvantages of dentures. Because of this shrinkage, you should plan to have your dentures and oral tissues evaluated by us *once per year*. We will inform you when relining and rebasing of the dentures is necessary. Wearing ill fitting dentures for too long without refitting can cause severe bone loss and very serious oral disease. Even if dentures “fit” comfortably they need to be checked along with your tissue.
- 7. Upgrading to implants.** If we haven’t already discussed you can always consider having implants placed to help retain your dentures better.

We look forward to helping you adjust to and enjoy your new dentures.