



BUI FAMILY DENTISTRY

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INSTRUCTIONS FOR DENTURES

Dentures are a prosthetic appliance. They require time and practice to adapt to daily functions such as smiling, eating, and speaking. As your mouth changes over time, the fit of your denture may change, and adjustments or replacements may be needed.

Adhesive – You may or may not need to use it. Denture adhesive is intended to improve retention, not to fix a poorly fitting denture.

- Rinse and dry denture.
- Use small strips or pea-sized dots along the ridge. For the upper denture, you can also place one in the center.
- Place denture in your mouth. Press firmly into position. Bite down gently for 10 seconds to help secure it.
- Wait 30 minutes before eating or drinking for best results.

Soreness – Mild discomfort is initially common and should improve. However, if sore spots persist, **please call the office**. A new appliance does not need to be worn for long periods on consecutive days; wear it gradually as tolerated. The goal is to wear it daily, as consistent use helps maintain the best possible fit and comfort.

Diet – Start with soft foods cut into small pieces. Chew slowly and evenly on both sides of your mouth. Avoid foods that are hard or sticky (such as nuts, fruit snacks).

Oral Hygiene:

- **Rinse** with warm water to loosen adhesive. Rock denture back and forth to remove it.
- Remove all adhesive from your mouth with a soft bristled toothbrush or damp gauze. Do not forget the roof of your mouth. Continue normal homecare procedures (including flossing) for teeth in your mouth.
- Remove all adhesive from denture with a denture brush. **Brush** denture using a soft liquid soap (such as hand soap or dish soap). Do not use hot/boiling water, bleach, or abrasive cleaners (like toothpaste).
 - Place a towel in the sink and clean denture over the towel so if it slips, it lands on a soft surface.
- **Soak** denture overnight in water or a denture cleaning solution. Do not leave dry.
- **Do not sleep with denture**. Clean it daily. Always store it in its designated case.

Routine Maintenance Every 6 Months – Bring denture to exams, cleanings, and any treatment appointments. If your denture is supported by implants, certain components (such as plastic inserts) need to be replaced periodically.

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Your Forever Dental Home