

## **POST-OPERATIVE INSTRUCTIONS FOR NEW DENTURES:**

### **YOUR FIRST FEW WEEKS**

New dentures, whether full or partial, will always require a period of adjustment. We are confident we have done our best to provide you with a prosthesis that is well fitting, functional and esthetically pleasing. Since this denture may cover areas of your mouth that are not normally covered, your speech may be altered and require adaptation of the tongue and lips for proper speech. This may feel strange initially, but, in a few weeks you will become accustomed to wearing them and your speech will return to normal.

Your mouth may develop a few "sore spots" after the first day(s) of wearing your new prosthesis. These areas can be relieved easily at your follow-up appointments. Subsequent "sore spots" can be relieved at your regular appointments or whenever necessary.

### **CLEANING & MAINTENANCE**

Dentures can affect the taste of food and acquire stains and odors. Proper cleaning is required. Please follow the cleaning instructions presented to you in the office and review the home-care instructions in your new denture kit. A removable prosthesis may retain food in certain spots, this is unavoidable and requires that you practice meticulous home care.

### **WEARING DENTURES**

Do not wear your dentures to bed. Your gum tissue and jaw bones need rest in order to prevent tissue irritation, infection and future shrinkage. Dentures are subject to wear as are all fabricated teeth and restorations. Worn portions may need to be replaced or the entire prosthesis may require replacement. With time, gum tissue and the bone underneath change. When your natural teeth are missing, shrinkage can be about 0.03 inches a year. Relines may be necessary to achieve a snug fit. All these changes should be monitored and a bi-annual check-up of your tissues and dentures is recommended.

Adjusting to the look and feel of your new smile will take time. If you have any problems or concerns, you are always welcome to contact us: 847-864-8151.