

POST-OPERATIVE INSTRUCTIONS

Caring for Your Dentures

Getting comfortable and keeping them clean

New dentures take practice — speaking and eating get easier over the first couple of weeks. A few sore spots are common and easily adjusted, so please don't suffer through them.

✓ Do

- ✓ Take dentures out at night and soak them in water or denture solution.
- ✓ Clean daily with a soft brush and denture cleaner (not regular toothpaste).
- ✓ Rinse after meals; brush your gums, tongue, and any natural teeth.
- ✓ Start with soft foods in small pieces and chew on both sides.
- ✓ Handle them over a folded towel or water so they don't break if dropped.

✗ Avoid

- ✗ Sleeping in your dentures — your gums need to rest.
- ✗ Hot water, bleach, or abrasive cleaners (they warp or damage them).
- ✗ Do-it-yourself adjustments or relines.
- ✗ Letting them dry out — always store them in liquid.

📞 Call us if...

A sore spot lasts more than a day or two · the fit becomes loose · a tooth or the denture cracks · you have pain or swelling.