

# REMOVABLE PROSTHODONTICS OR DENTURES

## A F T E R C A R E

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### NEW DENTURES:

Most new dentures require an adjustment period. This period will require the patient and the dentist to work together for the best result for you and your dentures.

- Start slowly with a new denture. Eat easier, softer foods first before attempting to chew more challenging foods. Also, practice speaking with your new teeth. Even if your new dentures are very similar to a previous set, there will be differences that will require you to learn to eat and speak again.
- Dentures will not fit as well as they can initially. It generally takes several days for a new set of dentures to settle into the tissue of the mouth.
- After several days of trial wear with a new set, you will generally be instructed to return to your dentist for a check. Adjustments can then be made based on your experiences. Any soreness of the gums, looseness, difficulties with chewing, or difficulties in speech can be evaluated. Your dentist can then make any necessary adjustments or give you suggestions for dealing with any concerns that you have.
- The most important way of caring for your dentures is to brush them at least once a day – inside and out! You can use a soft toothbrush or special denture brush. Occasional soaking in a denture cleansing solution can also be helpful. Generally, soaking on a weekly basis followed by a thorough brushing will be adequate.
- Take care not to drop your dentures when cleaning them. It is helpful to clean your dentures over a washcloth or over a sink full of water to prevent breaking the denture if dropped.
- Dentures require regular professional care. We suggest that all denture patients have their dentures and gum tissue checked on a yearly basis. This assures that any problems are identified and corrected before damage is done to the mouth. Adjustments and relines can be made to the dentures that will keep them working and fitting well for a longer period of time.
- Most often, it is best to sleep with dentures out of the mouth. This gives the tissues of the mouth a chance to breathe, and will help avoid bacterial and fungal colonies from developing under your dentures. In some instances, a patient's jaws or muscles need the support of dentures while sleeping. These patients will feel better sleeping with their dentures in place.

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### **IMMEDIATE DENTURES:**

Immediate dentures involve the fabrication of the dentures prior to the removal of existing teeth. This type of procedure adds some complexity to the treatment as the new dentures cannot be tried in accurately prior to final delivery. Therefore, there is some amount of estimation and variability incorporated into the lab's fabrication and finishing of the case. Also, immediate dentures require extractions much sooner than 6 months prior to the delivery of the denture, and the bone and supporting structures in the mouth will exhibit significant resorption and shrinkage shortly after delivery of the dentures. This results in a denture that can become much looser in the initial months following treatment. A relines, and sometimes, a new permanent denture, may be recommended within the first 12 months following initial treatment.

Your dentist may also have some special instructions for you if you have had an immediate denture procedure completed. These instructions may include an immediate follow up appointment within 1-3 days following the extractions/delivery appointment to check for healing and sore spots that may require adjustments. Your dentist may also suggest that you wear the dentures overnight for a period of time following the surgical procedure.

### **PARTIAL DENTURES:**

Partial dentures must be removed 2-3 times per day and the remaining teeth brushed and flossed, as the partial denture will not protect remaining teeth from decay or periodontal disease.

### **FULL LOWER DENTURES:**

Full lower dentures often don't fit as tightly as an upper denture. Should you experience severe looseness of your lower denture, you can inquire about implant supported dentures. Implant supported dentures can often provide you with a much more natural feel and security while eating and talking. If you are interested in implant supported dentures please call us for a referral to a specialist for a consultation.