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Jain Dental Care

Denture Homecare Instructions

What to expect from your new dentures

- Eating with your dentures will take some practice. You may find that your denture feels loose and moves while eating. This is normal. Over the next few weeks your gum tissue will conform to the shape of your denture and create a seal that will make your denture fit better. Try to chew soft foods and balance your chewing on both sides.
- Speaking normally will also take some time with new dentures. You may find you slur certain words but this will get better after a few weeks.
- Slight soreness can be expected with a new set of dentures. If you find that your gums are getting cut or developing “sore spots” bring them in for an adjustment. It is not uncommon to need a few adjustments to get the dentures fitting perfectly.
- You may find that you salivate more with something new in your mouth. This will also subside after a few weeks.

How to care for your new dentures

- Dentures should not be worn at night. It is important to keep your gum tissue and ridge (bone) healthy. Leaving your denture out at night allows for the gums tissue to breathe and expand. This will extend the life of your ridge and prevent shrinkage. Wearing your denture all the time also increases your chance of developing an infection.
- Dentures should be cleaned each morning and night and after meals.
- Dentures should be cleaned with water and a denture brush. A mild soap like dishwashing soap or Polident Denture Fresh Cleanse can be used. Do **not** use toothpaste on your denture. If you find you are developing a film on your denture they can be soaked with water and a Polident tablet as directed.
- If your partial dentures are made of metal make sure to buy the Polident tablets for partial dentures. They are specially formulated to prevent corrosion of the metals.
- Store your denture dry in its case and keep it away from pets.
- Bring your dentures to all your dental appointments so we can check their fit and condition. Adjustments can be made if necessary.