



CONNECT

D E N T A L C A R E

Eduardo Ubieta, DMD, FAGD, DICOI

DENTURE INSTRUCTIONS

HOW SHOULD I CARE FOR MY MOUTH AND DENTURE?

Denture must be brushed Daily to remove food particles and plaque. Use a denture brush or a soft- bristled toothbrush with non-abrasive soap or toothpaste to prevent your denture(s) from becoming permanently stained. Clean the denture(s) over a folded towel or sink filled with water to prevent breakage if dropped. At least once a day, use a soft toothbrush to brush your tongue, gums and palate to remove debris. Any natural teeth remaining in your mouth should be brushed & flossed daily.

CAN I SLEEP WITH MY DENTURE?

It is not desirable that your gum tissues are constantly covered by the denture material. Remove your denture(s) each night or at least for a few hours a day to allow you gum tissues to rest. Remember to store your denture(s) away from children and pets.

MY DENTURE IS CAUING SORE SPOTS, IS THIS COMMON?

You may have discomfort when you receive your denture(s). It is not unusual to experience irritations and soreness with your dentures. If you have a sore spot, please call the office to have the denture(s) adjusted. Do not adjust the dentures yourself. One or more follow-up visits are generally indicated for your mouth to become accustomed to the denture(s) Remember, new dentures will not fit like your old denture.

IS IT DIFFICULT TO EAT WITH DENTURES?

Eating with your new denture(s) will require practice. It is important to remember that dentures are artificial replacement of your natural teeth and will not function exactly as your natural teeth. Start with soft foods for the first few days and with time you will feel more comfortable eating a variety of foods.

WILL DENTURES CHANGE THE WAY I SPEAK?

It is common to notice a change in your speech pattern with new dentures. If speech does not sound right to you, give it some time and normal body adaptation should resolve your concern.

Pronouncing certain words may require practice if time does not resolve any speech issues, please call the office. New dentures may also cause an increase in your saliva flow. As your mouth becomes accustomed to the denture, this should diminish in short period of time.

WHEN DO MY DENTURES NEED TO BE REPLACED?

Over time, dentures will need to be relined or remade. Dentures become loose because the mouth changes with time. Loose dentures can cause health issues, including sores and infections. It is important to address poorly fitting dentures before they pose a problem. Periodic checkups will help determine your denture needs.

SHOULD I USE DENTURE ADHESIVE?

Denture adhesive can provide additional retention for dentures. It is not a solution for old or ill-fitting dentures. If your denture feels loose or uncomfortable, Please call the office.

HOW OFTEN SHOULD I SCHEDULE AN APPOINTMENT?

Annual dental examinations are required to ensure proper oral health and maintenance of your denture(s). Monitoring changes in the shape of the bone ridges, wear of teeth and general oral health, including oral cancer, is essential for a healthy mouth.

IF YOU HAVE ANY ISSUES OR CONCERNS, PLEASE CALL THE OFFICE