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CARE AND USE OF DENTURES

CLEANING

- Dentures must be cleaned mechanically everyday (toothbrush and soft soap, not toothpaste as this can scratch the denture) - denture cleaning tablets can be used at night.
- Dentures can be slippery during cleaning, place a towel over the sink or fill the sink with water to reduce the chance of breaking if dropped.
- Remove dentures every night while you sleep and keep them in clean water after you have cleaned them.
- Brush your gums, palate and tongue daily with a soft toothbrush.
- DO NOT use cleaning tablets for a denture that has a soft liner inside.

SORE SPOTS

- It is common for sore spots to develop in new or relined dentures. Ordinarily a routine follow-up visit is scheduled soon after you receive your new dentures to make adjustments.
- Keep follow-up appointments to keep sore spots from worsening.
- If a sore spot persists for 3 days or more schedule an appointment. You may take the denture out for 24 hours or more, but be sure to wear it 24 hours prior to your appointment so that the dentist can see the location of the problem.
- In the meantime, rinse with warm salt water (1/2 tsp salt in 8 oz. warm water) 4-6 times daily, or apply over the counter ointments such as Oragel as needed for ten minutes before meals.

DIET

- If your dentures are new, start with a soft diet for the first week.
- Gradually increase the variety of foods as you are able to tolerate them.
- Cut foods that are hard to chew into small pieces and place them on both sides of your mouth for balance while you chew. Do not try to bite into foods with the front teeth.
- Stringy foods such as raw fruit, vegetables and steak may be difficult to eat with dentures.

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CARE AND USE OF DENTURES Continued

TROUBLE SHOOTING

- New dentures may stimulate saliva until you adjust to the new denture.
- New dentures may feel loose until you learn to coordinate you oral and facial muscles to use them.
- New and relined dentures may feel bulky but will feel less so when you practice. If you are not able to get used the denture size, minor adjustments can be made by the dentist. It is extremely important that patients never attempt to adjust their own dentures

MORE INFORMATION

- Patients with complete dentures should have yearly dental evaluations to examine the fit of the dentures and to have an oral cancer exam. Patients with partial dentures and some natural teeth should have examinations at least every 6 months and perhaps more often as recommended by your dentist.
- The bone that supports the dentures will change over time. This means the way your denture fits will change and can result in a feeling of looseness and/or sore spots or other trauma to the hard and soft tissues. These changes need to be monitored and sometimes adjustment made to your dentures to avoid severe bone loss and/or infection.

Dr. Curtis Barmby
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