

POST-OPERATIVE INSTRUCTIONS FOR NEW DENTURES

New dentures , whether full or partial, will always require a period of adjustment. We are confident that we have done our best to provide you with a prosthesis that is well fitting, functional, and esthetic. Since they may cover areas of your mouth that are not normally covered, your speech may be altered and require adaptation of the tongue and lips for proper speech. This may feel strange initially, and in a few weeks, you will become accustomed to wearing them.

Usually your mouth may develop a few sore spots after the first day of wearing your new prosthesis. These areas can be relieved easily at your follow-up appointments. Subsequent sore spots can be relieved at regular appointments or whenever necessary. Removable dentures do not have the same chewing efficiency as natural teeth. The stability and retention of dentures depends on many factors. Your bite will not feel comfortable for a period of days. We will adjust the way the teeth contact at your follow-up appointments to obtain the most stable and efficient chewing process as your new dentures settle into place. Dentures can affect the taste of food and acquire stains and odor. Proper cleaning is required. Please follow the cleaning instructions presented to you in the office and review the care instructions in your new denture kit. Removable prostheses may retain food in certain spots. This is unavoidable and requires that you practice meticulous home care.

Do not wear your dentures to bed. Your gum tissue and jaw bones need the rest in order to prevent further tissue irritation, infection, and future shrinkage. Dentures are subject to wear as are all fabricated appliances and restorations. Worn portions may need to be replaced or the entire prosthesis may require replacing. With time, gum tissue and the bone underneath change. When your natural teeth are missing, this shrinkage can be about 0.03 inches a year. Relines may be necessary to achieve a snug fit again. Since these changes should be monitored, an annual check-up of your tissues and dentures is recommended. If you have any questions, please contact the office at 310.275.1399.