

## **Instructions For Care And Use Of Dentures**

Having natural teeth replaced by a denture can be a very frustrating experience at times. These instructions are intended to help you make that experience as pleasant as possible.

Dentures, by nature, are supported by soft tissues (the gums). These soft tissues will not be able to support the denture adequately in order for you to be able to chew like you did with your natural teeth, which were very hard and supported by hard bony tissues. As such, dentures should never be considered a functional replacement for teeth; they are for cosmetic purposes only. Because dentures are supported by soft tissues, even a good fitting denture will have a tendency to move while you wear them. This movement will cause sore spots from time to time. A sore spot that lasts more than one week should be brought to your dentist's attention.

The following are some basic rules you should follow while using a denture:

1) Always remove your denture at night. If you leave your denture in 24 hours a day, you may develop an infection in your gums which is only curable by not wearing the denture or making a new one. Your denture should be placed in a denture case (ask us for one if you don't have one) with a moist cotton ball overnight.

2) Brush your denture as often as you brushed your teeth. It is just as important to keep your denture clean as it was to keep your teeth clean. You may use a denture cleaner solution once a week or so to help keep your denture clean. Never place a metal partial denture in bleach, it will be permanently tarnished.

3) See your dentist every 6 months for routine check ups. It is important to continue to monitor your oral health on a regular basis, and minor denture adjustments may be made at this time. Your denture will also be professionally cleaned in our office at this time.

Over time the shape of your gums and soft tissues will change, if you have a partial denture the position of your teeth will also change with time. These changes will make the denture loose fitting and may necessitate relining of the denture, or possibly making a new denture. These changes are most evident in the first six months following tooth removal. Once these changes have taken place and the supporting tissues have stabilized, a new denture should be relined in order to regain its stability. Please feel free to call our office to discuss any questions or concerns you may have about your dentures. **(785) 843-9122**