

# *Kostantinos Proussaefs, D. D. S., INC*

## **Post-Op Instructions for New Partial or Complete Dentures**

New dentures always require a period of adjustment. First-time denture patients may require several weeks to get used to their new appliance. Speech may be altered, and may require adaptation of the tongue and lips.

For the first few days, you should wear your dentures for as long as possible, and chew soft food in small bites. Remember, dentures do not have the same chewing efficiency as natural teeth and may affect your taste of food. If your bite feels uneven after several days, we can adjust the way your teeth contact at follow-up visits.

It is not unusual for sore spots to develop in isolated areas of the mouth. These areas can be relieved easily at follow-up appointments. If a severe sore spot develops which prevents wearing the denture and an appointment is made for adjustment, please wear the denture for 24 hours prior to the appointment. This will greatly aid in locating the exact location of the area, and make adjustments significantly easier and more predictable.

Proper cleaning of your denture is important to prevent stains and bacteria from accumulating on your appliance. Since cleaning procedures differ for various types of appliances, please follow the directions given to you at your insertion appointment.

Do not wear your complete or partial dentures to bed. It is important to allow your gum tissues and jaw bones to rest in order to prevent further tissue irritation, infection, and future bone shrinkage.

Over time, or with weight loss or gain, the supporting gum tissues and bone may change shape and size. Periodic relines of your dentures may be necessary to ensure a retentive fit. Denture teeth may wear or chip over time. For this reason, an annual check of your tissues and dentures is recommended.