



## **Post Operative Instructions: Denture Insertion**

Dentures are an artificial replacement of your natural teeth, and with any prosthesis, it will not behave and function exactly as what has been replaced. The dentures may be uncomfortable and awkward at first, and will likely require several adjustments during the initial “breaking in” stages. Please read through the following instructions as they are meant to help prevent complications and guide you through the transition phase.

Initially you will need to have a liquid/soft diet (foods like soups, yogurt, pasta, eggs, smoothies, etc..) for the first few days following the placement of your dentures. You may start to move into more solid foods as you adapt better to your dentures. More difficult foods (steak, apples, carrots, etc.. will require a more gradual learning curve.

Many times dentures and partials give difficulty in the beginning stages while swallowing and may cause gagging. With time, this will improve. Learning to talk with your new dentures in place requires some patience and practice. Reading aloud is a very good way to relearn your normal speech

Sore spots are likely to develop following the initial wearing of your new denture. The sore spots often develop from uneven pressure on the denture. Identify and remember these areas for your post insertion visits as they are easily trimmed to improve your comfort.

If you had teeth removed the same day as your denture was inserted (immediate dentures) the denture will likely start to feel loose as the gums and bone heal and shrink. This is normal and during this healing period your denture may require a temporary liner to improve the fit of your denture. After 3-6 months when complete healing is finished, a permanent new liner will need to be placed in the denture to improve the fit and retention. Occasionally, depending on how much shrinkage has occurred, an entirely new denture may need to be fabricated . These would have been discussed with Dr. Jaiswal ahead of time.

Please remove your dentures for at least 6-8 hours a day (usually at night while sleeping). This will help keep your gums healthy and keep your denture fitting better, longer. Brush your gums, tongue, and palate with a regular toothbrush to remove plaque, bacteria, and to stimulate good circulation to keep the supporting gums healthy.

Denture adhesives may be used as needed. There are many types and brands available. If you find you need an adhesive to give you more retention – find a brand that works for you. Please be sure to adequately remove the adhesives daily from your denture as well as clean your gum tissues.

Always store your dentures in a safe place. Keep them in a denture case partially filled with water as they may warp if not always kept in a humid/wet environment. Please beware that pets, particularly dogs, love to use your dentures as their new favorite chew toy. Dentures of any kind should be cleaned nightly and after meals as they can collect food, plaque and tartar build-up just as normal teeth do. Inadequate daily cleaning of your denture will cause premature staining and odor accumulation with the denture. When cleaning your dentures always do so over a sink filled 1/3rd with water (they will break if dropped on a hard surface). Do Not use abrasive household cleaners, bleach, vinegar, or toothpaste on your denture. Regular soap and a denture brush are adequate to affectively clean your dentures. You can soak your denture or partial denture in a denture cleanser according to manufacturer’s instructions. Find a brand that you like, as they all work very similarly.

For additional questions or concerns, Dr. Jaiswal can always be reached at 856-345-9490. Thank you for trusting us with your dental health!