

Denture/Partial Home Care Instruction

1. Brush your denture/partial twice a day with a soft bristled tooth/denture brush. **DO NOT USE TOOTHPASTE.**
2. Soak your dentures every night in a denture cleaner or mild hand/dishwashing soap. Make sure dentures are complete covered.
3. Always follow directions carefully when using denture. When shopping for an adhesive, look for products with the American Dental Association seal of acceptance.
4. Make sure to keep dentures away from pets! Dogs and cats love to chew on dentures, make sure to keep them in covered containers and covered with water if they are not in your mouth.
5. Do not let dentures dry out! Keep dentures in covered containers and in water when they are not in your mouth. They can become brittle and break if not kept moist.

THE CHANGES YOU CAN EXPECT WHEN YOU HAVE YOUR TEETH REMOVED AND REPLACED WITH DENTURES/PARTIALS

1. Your appearance with change: Your lips and cheeks will look fuller.
2. The sound of your voice will seem different: Your voice will sound funny for a few days, practice speaking out loud for a few days and things will start sounding normal again.
3. Your choice of food may change: Give yourself time to get used to chewing with your dentures. Eat soft foods at first, then work up to more difficult foods like hard crusted bread, steak, celery, etc.
4. Your sense of taste may change: A large portion of your taste buds are covered up by the dentures. Luckily, the remaining taste buds can compensate for the ones covered up, so your sense of taste will return to normal.
5. Sore spots/loose: Certain illnesses as well as weight loss or gain of more than 10 pounds can result in a change of fit of your dentures. Remember, bone and tissue can change but your dentures will not.
6. Mental Preparedness: You need to prepare yourself mentally to have a good experience with dentures. Dentures are a foreign object in your mouth and the patient can sometimes end up disappointed, frustrated and confused. Remember, it will take determination, confidence, patience and time to learn how to talk and chew with your new dentures. **BE PERSISTANT – YOU’LL GET THERE!**

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