



## **POSTOPERATIVE INSTRUCTIONS FOLLOWING DENTURE INSERTION**

1. Do not wear your dentures at night. This allows gum tissues to rest and promotes oral health.
2. Dentures are very delicate and may break if dropped even a few inches. Stand over a folded towel or a basin of water when handling dentures. When you are not wearing them, store your dentures away from children and pets.
3. Like natural teeth, dentures must be brushed daily to remove food deposits and plaque. Brushing helps prevent dentures from becoming permanently stained and helps your mouth stay healthy. It is best to use a brush designed for cleaning dentures. A toothbrush with soft bristles can also be used. Avoid using hard-bristled brushes that can damage dentures.

Some denture wearers use hand soap or mild dishwashing liquid which are both acceptable for cleaning dentures. Avoid using other powdered household cleansers which may be too abrasive. Also, avoid using bleach, as this may whiten the pink portion of the denture.

### **Denture Cleaning Steps:**

1. Rinse away loose food particles thoroughly.
2. Moisten the brush and apply denture cleanser. Brush every surface, scrubbing gently to avoid damage.
3. Dentures may lose their shape if they are allowed to dry out. When they are not worn, dentures should be placed in a denture cleanser soaking solution or in water.

**Even with full dentures, you still need to take good care of your mouth. Every morning brush your gums, tongue and palate with a soft-bristled brush before you put in your dentures. This removes plaque and stimulates circulation in the mouth. Selecting a balanced diet for proper nutrition is also important for maintaining a healthy mouth.**

Regular dental check-ups are important. Please book follow up appointment as recommended.

Please call the office if you have any questions.