



Post-Operative Instructions After Denture Treatment

1. **Initial Wear Time:**

Initially, wear your dentures for a few hours on the first day. Gradually increase the wear time as you get used to them. You may need to wear them for most of the day but remove them at night to give your gums rest.

2. **Take Dentures Out at Night:**

Remove your dentures at night while sleeping to allow your gums to rest and to prevent any irritation. Store them in water or a denture-cleaning solution overnight.

3. **Sore Spots and Adjustments:**

Some discomfort and minor soreness are normal, especially during the first few days. If you develop sore spots or areas that are irritating, don't hesitate to contact your dentist for an adjustment.

4. **Eating and Drinking:**

Start with soft foods that are easy to chew (such as soup, mashed potatoes, and scrambled eggs) for the first few days. Avoid sticky, hard, or tough foods.

Chew on both sides of your mouth to distribute the pressure evenly.

Take small bites and cut your food into smaller pieces.

5. **Speaking and Chewing:**

You may experience some difficulty in speaking or chewing at first, which is normal. Practice speaking slowly and clearly. With time, you'll get used to the feel of the dentures and speaking will become easier.

6. **Maintain Oral Hygiene:**

Clean your dentures daily to remove food particles and plaque. Use a soft-bristled toothbrush and denture cleanser to clean the dentures.

Brush your gums, tongue, and the roof of your mouth with a soft toothbrush every morning before inserting your dentures. This helps to stimulate circulation and maintain oral hygiene.

Rinse your dentures thoroughly after every meal.

7. **Avoid Hot Liquids:**

For the first few days, avoid drinking hot liquids as they may cause discomfort while you're getting used to your dentures.

8. **Dentures and Adhesives:**

If you're using denture adhesive, apply it sparingly and follow the manufacturer's instructions. Too much adhesive can cause difficulty in removing the dentures.

9. **Gum Care:**

If your dentures are partial or full, ensure your gums are healthy by gently massaging them with your fingers or a soft toothbrush. This helps maintain circulation in the gum tissues.

10. **Regular Check-ups:**

Regular follow-up visits to the dentist are essential, especially during the initial adjustment phase, to ensure that your dentures are fitting correctly and causing no irritation.

Over time, your gums may change shape, and your dentures may need adjustments or relining.

11. **Handling Dentures:**

Be careful when handling dentures. When cleaning them or taking them in and out, make sure to place a towel in the sink to avoid accidental damage if you drop them.

12. **Signs to Watch For:**

If your dentures feel loose, cause pain, or if you notice excessive irritation or swelling, contact your dentist. Ill-fitting dentures can cause gum sores and need to be adjusted.