



## Complete Denture Instructions

**If you need assistance during non-business hours, please text us at (469) 907-5250.**

This is the same number used for appointment confirmations. Messages are checked periodically after hours.

## Getting Used to Your New Dentures

Adjusting to new dentures takes time and patience. It is completely normal to experience:

- **Increased saliva**
- **Mild soreness or pressure spots**
- **Difficulty chewing**
- **Changes in speech**
- **A feeling of fullness or looseness**

Most patients adapt gradually over several weeks.

## Eating with Dentures

Learning to chew with dentures takes practice.

### **Tips:**

- **Start with soft foods**
- **Cut food into small pieces**
- **Chew slowly**
- **Chew evenly on both sides**

### **Recommended Foods:**

- **Eggs**
- **Yogurt**
- **Pasta**
- **Mashed potatoes**
- **Oatmeal**
- **Soft fish**
- **Soup (lukewarm)**

### **Avoid Initially:**

- **Sticky foods**
- **Hard foods**
- **Tough meats**
- **Nuts**
- **Gum**
- **Crunchy foods**

As you adapt, you can gradually return to a more normal diet.

## Speaking with Dentures

Speech changes are very common initially.

### **Helpful Tips:**

- **Practice reading aloud**
- **Speak slowly**
- **Repeat difficult words**

Your tongue and muscles will gradually adjust.

## Sore Spots & Adjustments

Mild sore spots are common during the adjustment period.

Please contact our office if:

- **You develop painful areas**
- **The denture rubs excessively**
- **You cannot wear the denture comfortably**

⚠ Do NOT attempt to adjust the denture yourself.

Adjustments are a normal part of the denture process.

## Denture Adhesive

Denture adhesive may help improve retention and stability.

### **Important:**

- **Use only a small amount**
- **Clean adhesive thoroughly daily**
- **Adhesive should not replace proper denture fit**

If large amounts of adhesive are needed regularly, your denture may require adjustment or relining.

# Cleaning Your Dentures

Dentures should be cleaned daily.

## **Instructions:**

- **Remove dentures and rinse after meals**
- **Brush dentures gently using:**
  - **A denture brush**
  - **Mild soap or denture cleaner**

⚠ Avoid:

- **Toothpaste (may scratch dentures)**
- **Hot water (can warp dentures)**

Handle dentures carefully to avoid breakage.

# Sleeping with Dentures

Most patients should remove dentures while sleeping unless instructed otherwise.

Removing dentures at night helps:

- **Reduce irritation**
- **Improve gum health**
- **Allow tissues to rest**

Store dentures in water or denture solution when not being worn.

⚠ Never allow dentures to dry out.

# Oral Hygiene

Even without natural teeth, oral hygiene remains important.

Please continue:

- **Brushing your gums and tongue daily**
- **Cleaning the roof of your mouth**
- **Keeping dentures clean**

# Bone Shrinkage & Future Relines

Over time, the gums and bone naturally change shape.

Because of this:

- **Dentures may loosen over time**
- **Relines or adjustments may eventually be needed**

Regular dental checkups help maintain proper fit and comfort.

## When to Contact Our Office

Please call or text us if:

- **You develop painful sore spots**
- **Your denture cracks or breaks**
- **The denture becomes very loose**
- **You have difficulty eating or speaking**
- **You notice irritation or swelling**

## Partial Denture Instructions

### Getting Used to Your New Partial Denture

Adjusting to a new partial denture takes time.

It is normal to experience:

- **Mild soreness**
- **Increased saliva**
- **Changes in speech**
- **Mild pressure on teeth or gums**
- **Difficulty chewing initially**

Most patients adapt gradually within several weeks.

## Inserting & Removing Your Partial

Always insert and remove your partial carefully using your hands.

⚠ **Never bite the partial into place, as this may damage:**

- **Clasps**
- **Teeth**
- **The framework**

If your partial feels difficult to insert or remove, contact our office.

## Eating with a Partial Denture

## **Tips:**

- **Begin with soft foods**
- **Cut food into small pieces**
- **Chew evenly on both sides**

## **Avoid Initially:**

- **Sticky foods**
- **Hard candies**
- **Ice**
- **Tough meats**
- **Gum**

Chewing will become easier with practice.

## **Speaking with a Partial**

Speech changes are common at first.

## **Helpful Tips:**

- **Read aloud**
- **Practice difficult words slowly**
- **Be patient during the adjustment period**

Your tongue and muscles will adapt over time.

## **Cleaning Your Partial Denture**

Your partial denture should be cleaned daily.

## **Instructions:**

- **Remove and rinse after meals**
- **Brush gently with:**
  - **Denture brush**
  - **Mild soap or denture cleaner**

⚠ **Avoid:**

- **Hot water**
- **Abrasive toothpaste**

Clean around the natural teeth supporting the partial very carefully.

## **Caring for Your Natural Teeth**

Partial dentures rely heavily on your remaining natural teeth for support.

⚠️ Excellent oral hygiene is extremely important.

Please continue:

- **Brushing twice daily**
- **Flossing daily**
- **Regular dental cleanings and exams**

Poor hygiene around supporting teeth can lead to:

- **Decay**
- **Gum disease**
- **Tooth loss**

## Sleeping with Your Partial

Most patients should remove their partial denture while sleeping unless instructed otherwise.

Store the partial in water or denture solution when not in use.

## Sore Spots & Adjustments

Minor sore spots are common during the adjustment period.

Please contact our office if:

- **You develop painful pressure areas**
- **Clasps feel too tight**
- **The partial feels loose**
- **You cannot wear it comfortably**

⚠️ Never attempt to adjust clasps or framework yourself.

## Denture Adhesive

Most partial dentures do not require adhesive.

If your partial feels unstable, contact our office for evaluation.


## When to Contact Our Office

Please call or text us if:

- **Your partial cracks or breaks**
- **A clasp bends or loosens**

- You develop significant soreness
- The partial becomes unstable
- You have difficulty chewing

## After-Hours Assistance

 Call or Text: **(469) 907-5250**

We are here to help ensure your partial denture remains comfortable and functional.