PURE SMILE

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Miami, FL 33183
(305) 787-3642 · puresmilemiami.com

CARE AFTER YOUR TREATMENT

Your new denture: first weeks and care

Keep this sheet. If you have any questions, call us at (305) 787-3642.

What is normal

- For the first few weeks it feels strange and may seem loose, while your tongue and cheeks learn to hold it.
- You may have some irritation, a sore spot and more saliva than usual.
- A partial may feel bulky; putting it in and taking it out takes practice.
- If it is an immediate denture, it may need a reline once the gums and bone heal.

Eating and speaking

- Start with soft foods cut into small pieces, and chew on both sides at the same time.
- Avoid very sticky or hard foods, and gum at first.
- To speak more clearly, practice reading aloud.

Wearing it and adjustments

- At first we may ask you to wear it all day, to find the areas that need adjusting.
- If you get a sore spot, call us: we will adjust it. Do not file or adjust it yourself.
- Never bite a partial into place: you can bend the clasps.
- After the adjustments, take it out to sleep and keep it in water or soaking solution so it does not warp.

Cleaning

- Every day: rinse it and brush it with a denture brush and a non-abrasive cleanser. Do not use toothpaste: it scratches. Mild soap is fine.
- Clean it over a folded towel or a sink of water in case you drop it.
- Rinse it well before putting it back in.
- Every morning, gently brush your gums, tongue and palate.
- Use cleansers and adhesives with the ADA Seal, and adhesive only as the label says.

Call us if...

- The denture breaks, cracks, or a tooth comes loose. Do not use home repair kits or glue.
- It becomes loose.
- Irritation or a sore spot does not get better.

Call 911 or go to a hospital emergency room if you have trouble breathing or swallowing, heavy bleeding that will not stop, or swelling that spreads to your face or neck or comes with a high fever.

Your dentist's instructions

Next visit: _____

(305) 787-3642 · Monday to Friday, 9:00 a.m. to 7:00 p.m. · Saturday, 10:00 a.m. to 5:00 p.m. puresmilemiami.com

General information based on recommendations from the American Dental Association (ADA) and the American College of Prosthodontists (ACP). It does not replace your dentist's instructions.