PURE SMILE
DENTAL CLINIC MIAMI · KENDALL

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INSTRUCTIONS · DENTURES

CARING FOR AND ADAPTING TO YOUR COMPLETE DENTURE

What to expect while you get used to your new denture, how to eat, and how to keep it clean.

1 GETTING USED TO IT AND SORE SPOTS

- **At first:** More saliva, some temporary trouble saying certain words and a feeling of fullness in your lips are normal during the first days.
- **Like a new pair of shoes:** At first it may cause some small discomfort or a pressure spot on your gums. This is completely normal. Do not try to file or adjust it yourself: call us and we will relieve it at the office.

2 HOW TO EAT AT FIRST

- **Soft foods first:** During the **first week**, eat soft foods cut into small pieces.
- **Chew on both sides:** Use both sides of your mouth at the same time so the denture stays stable and does not tip or shift.

3 CLEANING AND OVERNIGHT REST

- **Let your gums rest:** Take your denture out every night before bed so your gums can rest.
- **Careful cleaning:** Wash it every day outside your mouth with mild liquid soap or a denture cleanser and a soft brush. Avoid abrasive toothpastes: they dull the material.
- **Keep it in water:** At night, keep it in a glass of clean water or cleaning solution so it does not dry out or warp.

4 CHECKUPS AND REGULAR VISITS

- Over time your bone and gums naturally change shape, so your denture may need to be relined from time to time.
- **Don’t worry! We will call you for your checkups every 6 months to keep you comfortable.**

SORE SPOTS OR CONSTANT RUBBING?

We are here to help you smile with confidence. Call us at **(305) 787-3642** for a quick adjustment and to make sure your bite is just right.

WATCH THIS CARE VIDEO

Scan the code with your phone camera: we explain these instructions on video, and you always have this sheet at hand.

puresmilemiami.com/en/instructions-complete-denture

Patient Care Team
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