

# **Masters Dentistry Denture Care Instructions**

Congratulations on your new dentures. At Masters Dentistry, we're here to support you as you adjust to your new smile. The following guidelines will help you care for your dentures.

## **Cleaning Your Dentures**

Clean your dentures with a denture brush and water at least once daily.

A mild hand soap or dish soap can be used to clean your dentures.

Do not use toothpaste to clean your dentures.

Rinse your dentures and mouth after eating.

If you have natural teeth or implants, brush twice daily and floss if needed.

## **Storing Your Dentures**

Remove your dentures at night to allow your gums to rest.

Store them in room temperature water to maintain their shape.

Never use hot water to clean or soak your dentures, as this can warp them and cause permanent damage.

A soaking solution such as Efferdent may be used a few times per week if desired.

Never store your dentures in a napkin, as they may be accidentally thrown away.

If you have pets, keep dentures out of reach and store them safely in a denture case.

## **Eating**

Dentures will feel different and may move at first, this is normal.

Start with soft foods, take small bites, and chew on both sides at the same time.

Cut foods like apples or corn instead of biting into them.

Be careful with hot foods and drinks.

## **Speaking**

Speech changes are normal at first.

Practice speaking or reading out loud.

Swallow before speaking to help set the dentures.

## **Soreness and Adjustments**

Mild soreness or pressure spots are normal.

We will typically see you after 1 week to check your gums and adjust the denture.

Additional visits can be scheduled as needed to improve comfort.

## **Fit Over Time**

Dentures may feel loose as your gums heal and change.

A reline will be needed after healing, and in some cases a new denture may be needed.

Do not attempt to adjust your denture yourself.

## **Adhesives**

Most dentures do not need adhesive.

Adhesive can help with stability if needed.

Do not use adhesive to fix a poor fit. If your denture feels loose, it should be evaluated.

Ask our office if adhesive is right for you.

**What to Expect**

Dentures do not function like natural teeth.

There is an adjustment period, but over time eating and speaking will feel more natural.

Dental implants can improve stability and function.

If you have questions or need an adjustment, contact Masters Dentistry at [\(586\) 463-8635](tel:5864638635)