

POST-OPERATIVE INSTRUCTIONS FOLLOWING DENTURE INSERTION

Provided for your comfort and recovery following the insertion of a new denture.

Storage

- Store denture slightly submerged in water when not in your mouth to avoid warping.

Adhesives

- Denture adhesives may improve retention & stability and also reduce food impaction below the denture.
- Use 3-4 rice/pea size dollops distributed around the denture evenly
- Completely remove denture adhesives from your denture and mouth on a daily basis by using a dry paper towel/brush
- Lower dentures tend to have low retention with and without adhesives due to lack of a surface area to seat

Daily Care

- Remove any bacterial film and residual adhesive from your mouth with a dry washcloth
- Remove any bacterial biofilm from your denture by soaking and brushing your denture with a denture specific brush with room temperature water
 - Never use bleaching products to clean dentures as this may alter the color of your denture
- Soak denture in effective, non-abrasive denture cleaner following manufacturer recommendations
 - Denture cleaners should ONLY be used outside mouth
 - Always thoroughly rinse denture after soaking and brushing with denture cleaner

When to wear

- For the health of your mouth, DO NOT wear denture for more than 24 hours continuously.
- Leave your denture out of your mouth during showering & sleeping

Nutrition & Habits

- If this is your first time wearing dentures, you will need to learn how to chew again; the process is difficult, but slowly eating and gaining confidence will help.
- Consider cutting food into smaller pieces
- Place food evenly on both sides of your mouth and chew evenly to avoid loss of denture suction
- Foods like corn on the cob, apples, and raw tough vegetables may cause loss of suction and should be cut into smaller pieces

Appointments

- If increased adhesive use results in no improvement in denture retention, make an appointment to reassess the fit and stability of your denture
- Consider dental implants to help hold the lower denture in place
- If you experience thrush, please contact your dentist and/or primary care physician for recommendations
- We recommend an annual checkup to professionally clean your denture, evaluate the wear and stability of the denture, and assess your overall oral health by performing a gum tissue and oral cancer check

Questions or concerns? Call us at Clayton Family Dental 919-585-1081 or visit us online at www.claytonfamilydmd.com

EMERGENCY CONTACT INFORMATION

If you experience severe pain, excessive swelling, uncontrolled bleeding, or fever, please contact your dentist or proceed to the nearest emergency room.

Emergency facilities within a 20-mile radius of 49 Healthpark Way, Clayton, NC:

1. UNC Health Johnston Clayton (South/Central)

2138 Veterans Parkway
Clayton, NC 27520
Phone: (919) 585-8000

2. WakeMed Garner Healthplex ER (Northwest)

400 U.S. Highway 70 East
Garner, NC 27529
Phone: (919) 350-8000

3. UNC Health Johnston Smithfield (Southeast)

509 N Brightleaf Blvd
Smithfield, NC 27577
Phone: (919) 934-8171

4. WakeMed Raleigh Campus ER (North)

3000 New Bern Ave
Raleigh, NC 27610
Phone: (919) 350-8000