

## **POST PROCEDURE INSTRUCTIONS** **AFTER INSERTION OF DENTURES**

- Today there would be lot of salivation in your mouth as its body's response to a foreign body. Do not worry. You may keep swallowing your saliva.
- Like new pair of shoes cause shoe bite, the new dentures may hurt you for first few days but once you get used to them it would become comfortable.
- If there is injury/ulcers from wearing of dentures, stop wearing them and report to clinic. Some adjustments/reduction of the part of the denture which is causing injury would be done.
- Wear the dentures for 5-6 hours a day or whatever time you can for first few days but do not use them for eating. Once your mouth gets used to them, you can start eating soft foods initially and then gradually use them for your regular diet.
- The more time you wear your dentures, your body would get used to it faster.
- While using dentures for eating, you have to eat from both the sides as dentures are on the bone and not inside the bone so if you eat from one side the denture would get lifted from the other side.
- Cleaning of dentures: You must not use toothpaste to clean the dentures as its made of plastic (acrylic). You may use denture brush with liquid soap/soap water to clean your dentures daily and hold it under running water to wash it well. Once in a week you can use denture cleaning tablets. Put this tablet in water and soak your dentures in this water overnight which will cleanse the dentures.
- Ensure that the dentures are placed in water in a clean container whenever not in mouth. Do not leave them dry.
- While washing the dentures support them well so that you avoid accident slippage and breakage of dentures.
- Do not use hot/warm water to soak or clean the dentures.
- After eating, remove the dentures from mouth and wash them under running water and wear them back.
- Always remove the dentures at night while sleeping and also in afternoon if you take rest. So that the bone under the dentures gets rest. Full time wear without rest would cause the bone under the denture to shrink (resorb) soon.