



*Michael A. Levato DDS*  
*General & Cosmetic Dentistry*

## **Denture and Partial Denture Care**

The period of adjustment when you begin wearing new dentures can take time to become accustomed to them and they may feel awkward. Your dentures may not feel like they fit well at first. They may feel too large, cause slight gagging, or create excess saliva. The dentures may feel loose while the muscles of your cheek and tongue learn to keep them in place. It is not unusual to experience minor irritation or soreness. You may find that saliva flow temporarily increases. These problems should go away. As your mouth heals, these symptoms will fade and your dentures will feel more comfortable.

Here's what you can expect in the first 30 days:

- ❖ Day 1: The hardest day. Start out eating soft foods that are gentle on your gums and teeth
- ❖ Days 2-14: You may experience excess saliva, sore spots, and increased discomfort during this healing time
- ❖ Day 15+: Sore spots are healing and saliva build-up has decreased, but you may still have trouble speaking clearly and eating.

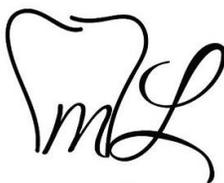
Contact us if you think your dentures need adjustment

Cleaning dentures can help them look their best, while also helping to kill odor-causing bacteria. Like your teeth, your dentures should be brushed daily to remove food particles and plaque. Brushing also can help keep the teeth from staining.

- When cleaning a denture, it's a good idea to stand over a folded towel or a sink of water just in case you accidentally drop the denture.
- Do not use toothpaste, bleach, nor powdered household cleaners since it can be too harsh for cleaning and they might damage the denture.
- Some people use hand soap or mild dishwashing liquid to clean their dentures, which are both acceptable.
- Rinse your dentures to remove any loose food or debris. Gently brush all the surfaces of the denture each day to remove food deposits and plaque. Avoid damaging the plastic or bending the attachments. It is best to use a soft-bristled toothbrush so as not to scratch the denture.
- Dentures should never be placed in hot or boiling water, which could cause them to warp.

### **Superior care, one patient at a time.**

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- Don't chew, swallow or gargle with denture cleansers.
- Always thoroughly rinse the denture before placing it in your mouth.
- Brush your mouth thoroughly—including your gums, cheeks, roof of your mouth and tongue before you insert your dentures to stimulate circulation in your tissues and help remove plaque. This can help reduce the risk of oral irritation and bad breath.
- Take your dentures out of your mouth for at least four hours every 24 hours to keep the lining of your mouth healthy. It's best to remove your full or partial dentures at night.
- A denture could lose its proper shape if it is not kept moist. When you're not wearing your dentures, put them in a safe place. Placing a denture covered in water or a soaking solution at night, helps the denture retain its shape, remain pliable and keeps it from drying out.

Occasionally, denture wearers may use adhesives. Adhesives come in many forms: creams, powders, pads/wafers, strips or liquids. If you use one of these products, read the instructions, and use them exactly as directed. Look for products with the ADA Seal of Acceptance. Products with the ADA Seal have been evaluated for safety and effectiveness. Denture adhesives are not a remedy for ill-fitting dentures, which may need to be relined or replaced to prevent oral sores from developing

Follow-up appointments are generally needed after a denture is inserted so the fit can be checked and adjusted. If any problem persists, particularly irritation or soreness, be sure to consult our office.

Over time, adjusting the denture may be necessary. As you age, your mouth naturally changes, which can affect the fit of the denture. Your bone and gum ridges can recede or shrink, resulting in a poorly fitting denture. Poorly fitting dentures can cause various problems, including sores or infections. Call our office if your denture becomes loose, or damaged. You can do serious harm to your denture and to your health by trying to adjust or repair your denture. Using a do-it-yourself kit can damage the appliance beyond repair. Glues sold over-the-counter often contain harmful chemicals and should not be used on a denture. If your denture breaks, cracks or chips, or if one of the teeth becomes loose, contact our office.

Be sure to schedule regular dental checkups, too. We will examine your mouth to see if your dentures continue to fit properly.

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