



## DENTURE CARE INSTRUCTIONS

If you have just had an extraction and a Denture placed, please continue to wear it overnight. It will act as a band aid. Also, your gums may swell and you may not be able to get the denture back in.

Make sure you are in an upright position when putting the Denture in and taking it out. Use the tips of her fingers to pull down on both sides evenly. Try not to pull from just one side.

For daily maintenance, rinse the Denture in cold/lukewarm water and brush it with a toothbrush (no toothpaste is needed). You may also soak it in Denture cleaner such as Polident or Efferdent.

Take your Denture out for at least a few hours a day. This will give your gums a chance to breath. Typically, it is best to leave it out at night while you sleep.

Do not soak your Denture in mouthwash or any other liquid containing alcohol, as it will cause the material to breakdown or discolor.

Store your Denture in the container provided.

Keep your Denture away from pets and small children.

With your new Denture, you will typically get a reline done at the lab six months after extractions because your tissue will continue to heal and shrink.

If you have an in-house reline, the material is softer and more susceptible to stain or picking up an odor. You may rinse the reline, but do not brush it as it will cause it to come out.

During the time between getting your dentures and your reline you may feel the need to use Fixodent to help hold your Denture in place. You just need a pea sized drop in 3-4 different locations around the Denture. Try not to fill the Denture with it because it will overflow when putting the denture in place.

If you have any questions or concerns, please feel free to call us at the office: 508-832-3205.