



Post-Operative Instructions for Dentures

- ◆ Your denture is a custom-fitted appliance, which has been adapted to create a “vacuum seal” between the denture and your gums. Sometimes, as the mouth heals and adjusts to the new denture, you may find that you develop a “sore spot” where the fit between denture and gum tissue has changed. This usually occurs within the first 30 days. If this happens, please call us to make an appointment to have the denture adjusted.
- ◆ If you experience slight discomfort at first while wearing your new denture, you may rinse with warm salt water (1 tsp. salt to 1 cup water) 2-3 times per day (with the dentures out) as needed. You should start to feel better in a few days, if not, please call our office.
- ◆ The process of adjusting to your new denture can only happen when you wear the dentures. We recommend that you wear them continuously throughout the day, and remove them while you sleep. You can soak them overnight in a mild denture cleanser solution or water.
- ◆ If you are not able to wear your denture, please call us. Eating without chewing properly can cause digestive system disorders – we want your denture to work for you!
- ◆ At first some foods will be trickier than others to chew with your new denture, such as soft breads or lettuce. You will find this gets easier as you adjust to eating with the denture. You will, however, want to modify how you eat certain foods: we recommend that you avoid biting directly into very hard, crunchy foods, but cut them up instead, such as apples or corn on the cob, and avoid sticky foods, such as taffy and caramel, altogether.
- ◆ Dentures are made of extremely durable materials that can withstand the powerful forces of biting and chewing. They can however, be broken if dropped on a hard surface. Most often, dentures are broken when they are dropped while cleaning. To prevent this from happening, we recommend that you fill the sink with water or lay a washcloth down on the counter to cushion any accidents while you clean your denture.
- ◆ If you do break your denture, don’t try to fix it yourself. Many products on the market sold for “home” denture repair can permanently damage the denture material. Please call us instead of trying any home repairs.
- ◆ If a denture is cracked, chances are your tongue will detect it first. If you think you feel any cracks, call us right away. A hairline fracture is easier for us to repair now; otherwise, cracks can grow until the denture completely separates.
- ◆ We recommend that you continue regular checkups with our office. In order to properly maintain your denture and your oral health, we will need to see you every 12 months.
- ◆ **Please do not hesitate to call us if you have any questions at all.**

Your Comfort is Our Number One Concern

Fernandez & Sigman General Dentistry
3408 University Ave., Unit E ♦ Columbus, Ga 31904
Phone (706) 323-2775 Fax (706) 596-9103
www.fernandezandsigman.com