

Removable Dentures

Instructions after getting removable dentures

Eating- in the first days after getting the dentures eat soft food only. Move on to solids gradually in a pace that will fit your body's adjustment.

Sleeping- you should remove the dentures before bed. During the night keep them in a glass full of tap water.

Cleaning- wash the dentures with tap water before putting them in a water glass for the night. Wash after removing the dentures and before putting them in your mouth. Clean the dentures daily with an appropriate brush and paste (toothpaste or a special solution for dentures). Once a week soak the dentures in glass of water with a cleansing solution tablet overnight.

Possible side effects of new dentures

1. You might experience a change in speech (usually resolved after a few weeks of adjustment).
2. You might experience pain due to localized pressure of the denture on the tissue.
3. You might experience instability and movement of the dentures (especially in the lower jaw)- a special adhesive for dentures might help.
4. You might experience nausea. Sugarless, sour hard-candy might be of help.
5. You might experience excess saliva, a phenomenon that'll pass in a few weeks.

When should you come to the clinic?

1. In Case you experience pain that doesn't lessen with time or pain that grows stronger while eating.
2. In case you have pressure wounds.
3. When you experience discomfort wearing the dentures.

Important to note:

1. The adjustment period with dentures can be long and hard. It requires a great patience.
2. The dentures might break due to a hit/fall. Be careful while cleaning the dentures, inserting or removing them.

I wish you a speedy recovery,

Dr. Jaron Blasbalg

Prosthodontist- a specialist in oral rehabilitation