



Post-operative Instructions Your New Dentures

- **Sore Spots** may occur under a new denture. If you experience sore spots, make an appointment so we may properly identify the area and adjust the denture for you. Wear the denture to your appointment and in the meantime **DO NOT** grind them.
- **What to Eat:** After receiving your new denture(s), refrain from eating hard or sticky foods for the first few weeks. You can maintain a healthy diet with foods such as eggs, yogurt, soups, mashed potatoes, etc. As your mouth adjusts to the denture, you may introduce more challenging foods to your diet.
- **Talking** may be difficult at first. You may experience a crowded feeling in your mouth. Your tongue may need time to adjust to your new teeth and you may need to practice enunciating certain sounds for the first few days.
- **Hygiene:** Keep your dentures clean to prevent staining and bad breath. Maintain proper care and cleaning of your new denture to avoid foul odors and stains from appearing. Remove and brush your denture at least twice a day. When not wearing your dentures, leave them soaking in a water and mouthwash solution.
- **Adhesives:** Do not use powdered adhesives or other store bought liners if your denture feels loose. These products may produce irreparable damage to your new denture. Schedule an appointment so we may make the necessary adjustments.
- **Broken, chipped or cracked** dentures can often be repaired in our office. Make an appointment and bring all the pieces of the denture with you.