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After Care Instructions for Removable Full and Partial Dentures

1. Removable dentures are not a substitute for natural teeth, they are a solution for missing natural teeth. They will not chew as effectively as natural teeth. Learning to chew with them is a process. Like any learning process there is progress and there are setbacks. Typically with practice, time and patience most people adapt well to their dentures. If you are unable to adapt, a denture supported by dental implants may be indicated for you.
2. You may experience some soreness. A small amount of soreness is normal. If you experience more soreness than you can tolerate call our office as soon as possible.
3. You may experience changes in speech such as lisping or a slight whistle. These should resolve in 5-7 days. If they persist call our office so that corrections can be made. It has been said that the only times people pay attention to their speech is when they are listening to a recording of their voice or when they have new dentures. Sometimes our hearing of our voice is more acute than other's hearing of it. Our speech may sound impaired to us and normal to others. Ask your friends or family how your speech sounds to them.
4. You may brush your dentures with a tooth brush or denture brush. You may soak them in a commercial cleaner or in a mixture of equal parts water and white distilled vinegar. Soaking them in a bleach solution may change the color of the pink plastic and it will corrode any metal. Do not soak your dentures in a bleach solution unless told to do so by Dr. Ciao.
5. Dentures typically should be relined every 5 years and remade every 10-15 years. If your dentures do not fit as well as they once did or you cannot chew well with them call to have them evaluated.