



MY DENTIST
WORCESTER

Post-Op Care for Your Denture

- Respect the adjustment period for your new dentures.
- Ease into your daily routines with your new dentures. Eat softer foods first and practice speaking.
- Be patient with the adjustment period for fit and adapting to your gums.
- Return to your dentist within a recommended period of days for an adjustment and progress observation. Inform your dentist about any soreness, loose fit, difficulty chewing or speaking.
- Brush your dentures daily inside and out. Use a soft toothbrush or recommended denture brush along with toothpaste or denture paste.
- Soak your denture occasionally in a cleansing solution.
- Avoid dropping your dentures while cleaning. Clean them over a sink of water or a soft wash cloth.
- Schedule annual check-ups with your dentist to check fit, make adjustments, and assure proper gum and bone tissue health.
- Sleep without your dentures if possible. This helps your gum tissue rest and avoid unnecessary irritation.
- Contact your dentist with any questions about your existing or new dentures. Schedule your next evaluation appointment.