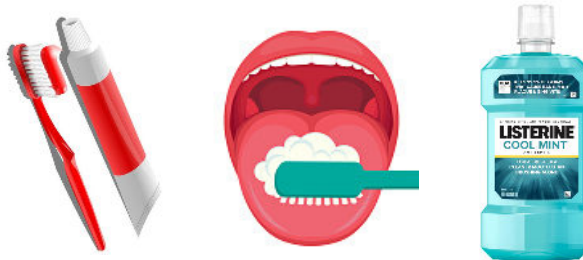


## Denture Care Instructions

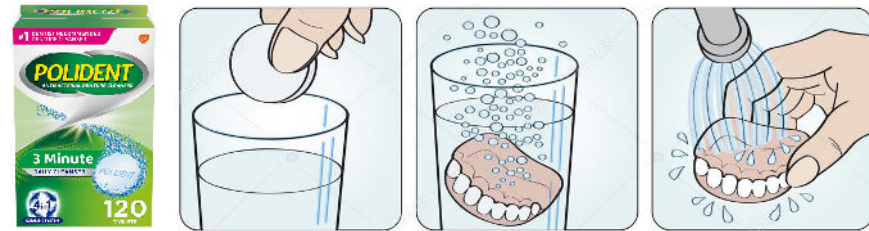
Remove the dentures after each meal (or at least 3 times per day). Rinse with running water to remove large debris or food particles. Gently scrub and clean the dentures (inside and outside) using a denture brush (or a medium coarse toothbrush) and Dawn Platinum foaming dish soap (or equivalent unscented dish soap). We recommend the dentures to be cleaned over a sink or a countertop to prevent accidental drops to the floor.



While the dentures are out of the mouth, gently clean the tongue using a toothbrush and toothpaste. Thoroughly rinse the mouth using mouthwash. If denture adhesive (e.g. Poligrip or Fixodent) is used, thoroughly clean the gums with a toothbrush, toothpaste, and warm water.



Before going to bed, once the dentures are cleaned with dish soap, place them in a container and completely submerge it in water. Drop one denture cleaning tablet (e.g. Polident) and allow to soak for approximately 15 mins. Then, remove the dentures from the solution and rinse with water.



Always store the dentures in a water-tight carrying case with clean, plain, water overnight (Do NOT let the dentures dry out).



If you experience sore spots, remove the dentures and rinse with warm salt water (1 cup of warm water + 1 teaspoon of salt) 2 to 3 times per day. Swish around for up to 30 seconds then spit. For intense sore spots, apply a small amount of Benzodent cream or OraJel on the sore spot as directed. Contact Moonglow Denture Specialists to schedule for an adjustment. Do NOT attempt to adjust the dentures yourself.



In case of fracture or loss, contact Moonglow Denture Specialists to schedule an evaluation. Do NOT attempt to attach the fractured segments yourself.



Please keep dentures away from pets.



You may choose to use a small amount of denture adhesive to increase the retention. There are different types of adhesives on the market (paste, powder, pad). Consult with the doctor to find the best one for you. Do NOT use excessive amount. Be sure to clean off the adhesive thoroughly each day after use.



The dentures may become sore fairly soon after fitting (typically 1-2 days after delivery). This is a normal occurrence even for well made ones. If you find they are too sore to wear, leave them out and revert to your previous set of dentures. However, please try to wear them for one or two days before coming for your follow-up appointment. This will help the doctor identify pressure points and make precise adjustments.

New dentures can feel somewhat loose at first, as you are adapted to your old set. A key part of wearing dentures is allowing your lips, cheeks, and tongue to adjust to the new dentures. Over time, your neuromuscular control will improve, helping to stabilize the dentures. This adjustment period can take anywhere from 2 weeks to 6 months, depending on the patient. Some patients may require denture adhesives in order to keep the dentures more secure. Although not common, it is important to know that this may be necessary.

Dentures are removable mechanical substitutes for missing teeth and gums. Therefore, it will exhibit a small amount of movement when in the mouth, especially when chewing food.

Initially, the dentures will feel strange and bulky in your mouth and will cause a feeling of fullness in the lips and cheeks. Your lips will not adapt immediately to the fullness of the denture, but it will improve over time. If needed, the doctor can make adjustments to the contour of the dentures to help with lip adaptation.

The new dentures may extend slightly further back in the mouth compared to the old set. This added extension is essential for stability and retention of the dentures. Most patients will adjust to the changes and appreciate the improved support. However, if you have difficulty adapting over time, the doctor can adjust the borders, though this may reduce overall stability.

Initially, the dentures may cause you to produce more saliva than normal. However, this gradually reduces over time.

Some patients may experience difficulties with speech following the fitting of new dentures. In most cases, patients adjust over time (anywhere from 2 weeks to 6 months). The doctor may make adjustments to the dentures as needed to help with speech adaptation.

Learning to chew satisfactorily with new dentures takes time, typically 6 to 8 weeks, but sometimes longer. New memory patterns must be established in order to for the muscles of the tongue, cheeks, and lips to keep the dentures in position. First, start with softer foods and chew slowly until you get used to the new teeth. Cut the food item into smaller pieces. Then, work your way up to firmer food items. Try to chew on your “back teeth” on both sides at the same time. Since most people are accustomed to chewing on one side, this may take some practice. Initially, you may experience biting your cheeks, lips, or tongue, but this usually improves over time. The doctor may make minor bite adjustments as needed to help with the adaptation.

Every mouth is unique, and each patient with new dentures has a different experience. Therefore, experiences with new dentures cannot be compared to those of another person.

Patients often ask how long their dentures or partial dentures will last. On average, they are expected to last between 5-10 years, but it is difficult to predict this accurately. Our doctor and lab technician perform their work to the highest standards, using the highest quality materials along with many years of training, experience, and expertise. However, over time, your jaw bone will change, denture teeth will wear down, and the materials will age. For partial denture wearers, you may lose additional teeth over time. Additionally, some patients apply more pressure on their teeth than others, which can cause parts of their dentures to wear, chip, or become loose sooner. Once the treatment is complete, the prosthesis is covered under a one-year warranty for defects or damages NOT caused by the fault of the patient (e.g. dropping, losing, or tooth loss). After this period, fees will apply for services such as repairs, refurbishments, or replacements.

**If you experience any difficulties at all, please do not hesitate to contact Moonglow Denture Specialists. We are always here to help you.**