POH-MATACIO D.D.S. INC.

Your Post-Op Instructions

PARTIALS & DENTURES

Congratulations on your new device! This information sheet will assist you with adjusting to your new partial and/or denture. The adjustment period can take a few weeks to a few months, depending on various factors. Even experienced denture wearers need time to adjust to a new set. Please remember that dentures are not permanent and may require periodic adjustments and relines. **If you have any questions, please call our office at (707) 963-4611**.

BREAKING IN PERIOD: New dentures typically require an adjustment period. The duration varies among individuals based on their ability and effort in learning to use them. Initially, focus on keeping them in place, and then progressively start using them for daily activities.

WHAT TO EXPECT: Adjusting to new dentures may initially feel awkward. You might notice slight changes in appearance and speech, a feeling of fullness, or increased saliva. These issues typically improve with patience, time and practice as your mouth adapts.

SORE SPOTS: Soreness from uneven pressure on the gums may develop at any time. This should be expected, especially if you have not worn a denture before. Sore spots are best corrected if the dentures are worn for at least 3-6 hours before returning to the so we can identify and correct the specific areas causing discomfort.

SPEAKING: Learning to talk with your new dentures in place requires some patience and perseverance. Reading aloud can help with clear pronunciation. Please be mindful of lip and tongue movements that might affect denture stability. With careful and repeated practice, your speech should return to normal.

EATING: START WITH SOFT FOODS, taking small bites and chewing slowly. Distribute food evenly and chew on your back teeth. For foods usually requiring front teeth, apply backward pressure when biting. If your denture dislodges, try biting with your side teeth. Gradually introduce tougher foods like steak and carrots. Initially, avoid sticky, hard, or chewy items.

LOOSENESS: Following immediate denture placement after tooth removal, you may notice looseness as your gums heal and shrink. Temporary liners can help maintain a snug fit during the healing process, which can take many months. Denture adhesives can also aid retention. Once healing is complete, a permanent reline or a new denture may be required for optimal fit and function. Please note that future relines or replacements will incur additional charges.

MOUTH AND DENTURE HYGIENE: Clean your dentures with a soft brush, cleaning paste, or soapy water after each meal, avoiding abrasive cleaners or bleach. Food particles can cause gum inflammation and sore spots. If possible, remove your dentures and rinse your mouth after eating. If you recently had teeth removed before getting your new denture, wear it for the first 48 hours, only removing it to clean. This will aid healing. Remove your dentures for at least six hours daily, ideally overnight, to rest your gums. Store dentures in water when not in use to prevent distortion. Use an enzymatic or special denture cleaner weekly for insoluble stains and proteins. Brush your tongue and the roof of your mouth daily.

BREAKAGE: Dentures are fragile and can break if dropped or misused. Avoid wrapping them in tissues and placing them in pockets or purses. When outside, please use a denture case for temporary removal. At home, store dentures in water to prevent warping.

REGULAR EXAMS: For optimal fit and comfort, please have your dentures checked annually. Changes in your mouth, including bone loss and wear, can affect your denture's fit over time, potentially requiring adjustment, relining, or replacement. Proper denture care and maintenance of supporting tissues can help minimize these changes.