



## Instructions for Complete Dentures

1. New dentures always require an adjustment period. This is normal. First-time denture patients may require several weeks to get used to their new dentures. Even if you were a previous denture wearer, because there will be differences, your speech may be altered and may require time for your tongue and lips to adapt.
2. Dentures will fit better with time. It generally takes several days for a new set to settle into the tissue of the mouth.
3. Wear your new dentures 24 hours a day for the first 2 weeks. This will speed up the adjustment period. Then begin wearing them only during the day. This will allow your gum tissues to rest. If you need to wear your dentures at night, you will need to remove them for a few hours during the day.
4. Eat soft foods for the first few days, then transition back to a regular diet. Remember to cut your food into small bites and as you chew, try and distribute your food to both sides of your mouth. This will help the stability of your dentures.
5. It is not unusual for sore spots to develop. These areas can be relieved at your follow-up appointments. If a severe sore spot develops, which prevents you from wearing your dentures, please be sure and wear your denture for 24 hours prior to your appointment. This will allow us to identify the area that needs adjustments.
6. Like natural teeth, dentures must be brushed daily to remove food deposits and plaque. Brushing helps prevent your dentures from becoming permanently stained and helps your mouth stay healthy. Use a soft bristled tooth brush or a brush designed for dentures. Use hand soap or mild dishwashing liquid. Other cleaners may be too abrasive.
7. Even with full dentures, you still need to take care of your mouth. Every morning and evening, brush your gums, tongue, and palate. This removes plaque and stimulates circulation.

**[Care instructions continued on reverse side.]**

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8. Dentures may lose their shape if allowed to dry out. When they are not being worn, place them in a container of water mixed with a cap full of mouth wash (this keeps them tasting fresh) or a 50:50 mixture of water and vinegar. You can soak your dentures in a denture cleanser like Efferdent once a week if desired. Always empty your container daily and wash the container with soap and water.
9. If your bite doesn't feel normal, this can be corrected at your follow-up appointment.
10. Dentures are very delicate and may break if dropped even a few inches. To safeguard against this, stand over a folded towel or a basin of water when handling your dentures.
11. Dentures require regular professional care. We suggest that all denture patients have their dentures and gum tissue checked on a yearly basis. An oral cancer screening will also be accomplished at this appointment.
12. All adjustments will be provided at no charge for the first 6 months after insertion.
13. Like everything else, things wear out – including your dentures. On average, replacement will likely be necessary at the 7–10-year mark. Your mileage may vary. Within this time frame, relines (a refit) will be needed when dentures become loose. Over use of denture adhesives is not recommended for a loose fit. Selective contact of your dentures on the ridge/arch can cause bone loss. A correct fitting denture will minimize this. Keep in mind that when teeth are lost, you will incur 0.5 - 1.5% bone loss per year on average, hence why your denture becomes loose over time. Implants beneath dentures are an antidote to this loss. They act like teeth in that they stimulate the bone which helps prevent bone loss.

Companion Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 (If patient uses sedation, companion must sign.)

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