



## Home Care Instructions for Dentures and Partial Dentures

Wearing a denture can take some time to get used to, especially if you are a first time denture wearer. We recommend that you wear your denture overnight for 3 weeks, or until you are accustomed to wearing it. Often times, a denture may feel large or thick, and may alter your speech, so it is recommended that you practice speaking, especially your "S," "L," and "F" sounds.

### Home Care

1. Before bed, take denture out so tissue can breathe. Clean denture with a denture brush to remove particles and plaque, and then keep in a container of water. You should brush any remaining teeth you have, gum tissue, and tongue.
2. Dentures need to be kept moist or they may warp or dry out.
3. Do not use toothpaste or a regular toothbrush since it is too abrasive and can scratch the teeth and denture acrylic. Use a denture toothbrush or a very soft bristle brush.
4. Denture cleaning tablets are recommended but not necessary when storing your denture.
5. Do not use a bleach water solution to store your denture.
6. In the morning, remove denture from container, rinse with water, and place in mouth. Remove water solution from container. Do not re-use water solution.

Dentures are delicate and can break easily. When handling or cleaning your denture, hold it over a soft towel or a sink filled with water.

During the first few weeks of wearing your denture, you may develop sore spots. This is normal and could mean that you need an adjustment. Please see your dentist for an adjustment, and do not attempt to make the adjustment yourself.

### Contact Us

If you have any questions or concerns, please don't hesitate to call us at 206-923-3684. If you're calling after hours, our answering system will provide a message for how to reach the on-call doctor.