

## Complete Dentures

### Care of the Mouth:

1. The denture should be left out of the mouth one to two hours each day. Ideally, you would leave out while sleeping.
2. Use a soft toothbrush to massage and cleanse all of the gum tissues which are covered by the denture. Another method is to use a wash cloth while showering.
3. Scrub your tongue with a soft toothbrush.
5. If you need to use adhesive, use only the minimal amount necessary for the situation.

### Care of the Denture:

1. Thoroughly cleanse the inside as well as the outside of the denture using a denture brush and liquid detergent or non-abrasive bar soap. You may also use toothpaste. Ensure the tooth brush is wet before you apply the toothpaste.
2. Brush the denture over a basin of water. If the denture should slip and fall, the water will prevent damage to the denture.
3. Soak the denture overnight (or as possible) in a commercial denture cleaner
4. Never let the denture dry out. When it is not in your mouth, it should be kept in a cleaning solution or water.

### What to Expect:

1. A denture does not chew like your real teeth. The more you can chew evenly on both sides and on back teeth, the better the denture will perform. Foods such as corn-on-the-cob or whole apples will tend to dislodge the denture.
2. If any problem whatsoever arises with your denture, return to your dentist for help. **DO NOT** adjust, relin or repair your denture. Your dentist's responsibility and obligation ends and the denture may be ruined if you attempt to adjust or repair your own denture.
3. No denture is permanent. Changes will continue to occur in the bones and soft tissues of the mouth. Only your dentist can determine if your mouth is in healthy condition and if new dentures are needed.
- 4. Return to our office for regular checkups and maintenance of your denture, at least once a year. Dr. Gillespie will always perform a cancer screening examination at this time as well.**