



## **Dentures**

### **Post Treatment Care Instructions**

Few things to take note when wearing dentures:

#### **1) It takes time to get used to the dentures**

- Talking and eating will be difficult initially.
- You will need time to get used to the dentures. Most people take about 1 month, some may take up to even 6 months.
- Will recommend soft and easy to chew foods during this period.

#### **2) Food Trap**

- There will be food trapped beneath the denture. Remove and rinse it after every meal.

#### **3) Pain, Ulcers, Bleeding and Swelling**

- Stop wearing the denture for about 4-5 days, we need to allow the tissue to heal. If pain persist, please call us for the next nearest adjustment appointment.

#### **4) Full Dentures**

- Upper dentures may need denture adhesive (e.g. polident) for better retention. Lower dentures will be loose. You will need to learn to control using your tongue and mouth muscles.

#### **5) Maintenance**

- Remove the dentures when sleeping. Brush and soak it in water.
- Dentures can be stained and calculus may appear. It can be send to laboratory for cleaning by our technicians.

#### **6) Breakage**

- Please call us to arrange for repair if the denture happen to break.