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## Denture Care Instructions

**Congratulations! You have just received your long awaited set of dentures!** It is our priority that you will love wearing them and enjoy using them to smile and eat.

It cannot be stressed enough in these early days that wearing denture is a *learning process*! You are going to need to learn to wear, speak, and eat with you new appliances. Do not expect to eat steak on the first night! Take your time. Look into the mirror and practice letter sounds and numbers. Eat small bites of soft food at first. Don't try to be a hero! Again, take your time.

We expect you to have some sore spots and have built in several appointments for follow up into the denture process. Feel absolutely free to call or simply stop by during our business hours for a checkup and for relief from sore spots. Remember, you are placing a rather large piece of foreign material into your mouth; there are bound to be a few issues to overcome settling into your new dentures! We are here to help; utilize us and do not simply stay at home and suffer.

In many cases, denture adhesive is necessary to maintain a tight fit for the denture. We have not found any brand to be particularly better than another, and recommend choosing from the pharmacy whichever adhesive suits you best. It is important to remember that, in most cases, less is more when it comes to denture adhesive. A very small amount goes a long way and works better than a big glob.

At night, always remember to remove your dentures and store them in clean water. Periodically, denture cleansing tablets are a great way to remove stain and keep them looking new. Wash your denture with a toothbrush and mild soap; use nothing abrasive or harsh, please.

Most incidents regarding denture breakage occur *outside the mouth*. For this reason, be extremely careful about where you place your dentures when you are not wearing them. Above all, **DO NOT** wrap them up in a napkin; doing so is like asking them to be thrown away!

We hope you enjoy your new dentures as much as we enjoyed helping to fabricate them just for you. It is our sincere desire for this new device to perform well for many years and we will work with you to achieve that goal. Thanks for choosing Big Springs Dental!