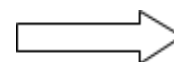


Denture Care Sheet

- Be Patient. Allow yourself time to get used to wearing and speaking with your new appliance.
- Practice counting, out loud to yourself, starting at the number 30 and go all the way up to 80. These numbers cover the letters F, S and TH, which are the most difficult to say. It also helps to grab a book and read out loud, it helps to train your tongue around the appliance. It usually takes about 1 -3 days for your tongue to find its correct new position to make these sounds properly.
- Be careful when placing and removing your appliance. Check to see that it is properly aligned before gently pushing it into place. Practice placing and removing while looking in the mirror. NEVER BITE IT INTO PLACE. You can easily break something, either your appliance or your tooth, both are costly to repair.
- Do Not remove your appliance by pulling on the clasp. These easily break off and are difficult or impossible to repair. Without them, your appliance will not fit securely and may need to be re-made. It is better to pull on the pink acrylic portion.
- Do Not use regular toothpaste or mouthwash to clean your appliance. Use a denture brush or cleaning tablets to keep it feeling fresh. They also sell personal ultrasonic cleaning units which work well.
- When the appliance is not in your mouth it should be kept in water. Use an appliance case or a small Ziploc bag. Acrylic can become brittle if its not kept hydrated, which ultimately affects fit.
- Eating with your appliance is an acquired talent. Try eating soft foods at first. You will have to conscientiously think about balancing food equally on both the right and the left sides of your mouth. Chew slowly.
- After eating you may find food packed under your appliance. It is best to excuse yourself to the restroom, remove the appliance and swish your mouth out with plain water a few times. Food left underneath and especially around clasps can cause sores and also decay around the remaining clasped teeth.
- If you are going to remove your appliance when you are out to eat, be careful not to wrap it up in a napkin and put it on the table. It can get taken away or thrown away easily. Use your case.
- Do Not sleep with appliance in place unless you are instructed to do so by Dr. Nielson. Your tissue needs to breathe at least a few hours a day. Not allowing air to get to the tissue can easily lead to fungal infection, very similar to Athletes Foot and very difficult to treat.



- If you are experiencing sharp pain or rubbing in a certain area, remove the appliance and call the office for a quick adjustment appointment. Try to make note exactly the area that is causing the problem or pain. For example: The tongue side or the cheek side.

It is common and we expect to see patients for several of these adjustment appointments. You can get a very bad sore spot, which can be very painful and difficult to heal if the proper adjustments aren't made in a timely fashion.

- Use a finger or thumb to gently massage your gums every morning and evening. Doing so stimulates blood flow and helps to keep the tissue healthy and firm.

- It is important that all denture wearers maintain regular dental appointments so that we can check your gums for irritation, disease or cancer. Be sure to bring your appliance with you to these appointments.

- If you have any other questions or concerns please call the office at .(208) 529-3836