



Glenn J. Kuemerle, D.D.S.

33398 Walker Road

Suite A

Avon Lake, Ohio 44012

440.933.4486 - P

440.930.4681 - F

gkuemerledds@gmail.com

Instructions For Patients With New Dentures

Today you received your new dentures. It will take a few days for things to “settle in” and be totally comfortable. Following are hints that will make this adjustment period easier.

1. **Eating:** Take it slow and easy until you become accustomed to the new teeth. Your cheeks, tongue and bony ridges need time to adjust to the change. You may develop unnecessary sore spots or bite your cheeks and tongue if you attempt to eat too much food at one time or attempt to eat pieces of food that are too large or difficult to chew.
2. **Sore spots:** everyone gets sore spots; we expect that you will too. Most sore spots occur within the first day or two and can be easily adjusted in the office. We ask that you call us as sore spots develop. Do not be disturbed if several adjustment appointments are necessary. If you are unable to come in for an adjustment, remove the denture and allow the tissue to recover; however, please call for an adjustment appointment at your convenience.
3. **Cleaning and Soaking:** your dentures will collect plaque just as your natural teeth did; it is necessary to clean them adequately to prevent odors and stains. Commercial denture cleansers can be purchased in local drug stores, follow the instructions that come with the product. **Dentures should be cleaned daily.** We recommend removing your dentures at night to allow the tissues to rest.
4. **Fractures:** accidents may occur when cleaning your dentures that cause a tooth to fracture. To avoid these types of accidents we recommend that you always clean the dentures over a sink that is partially filled with water; if you should drop them, the water will cushion the fall. If a fracture occurs call the office, it usually can be repaired in the office.
5. **Speech:** you may notice a slight change in the sound of your speech. It usually takes a day or two for you to get accustomed to the change and your speech should return to normal in a short time.

If you should encounter any problem at all, please do not hesitate to call the office, we will be more than happy to be of assistance.