

**DENTURE INSTRUCTIONS**  
**Dr. Scott Sahf's Pager: 828-243-9121**

1. **Your denture should be left out at night, soaking in a glass of water, to give your gums a rest.**  
Two times a week use a denture cleaner (**never bleach**), in the glass of water, and soak your denture in it. Follow manufacture's instructions. Use any cleaner without a bleaching ingredient.
2. Your denture should be worn for 24 hours after they are inserted until the first adjustment.
3. Always wear denture at least 6 hours before an adjustment is made.
4. If you like chewing gum, use freedent gum.
5. It is natural to experience fullness of the mouth with a new denture.
6. Expect to have excessive flow of saliva.
7. At first, you will have a feeling of looseness especially with a lower denture. However, you will adjust to it.
8. Start out with small bites of soft food, chew straight up and down and try to chew on both sides.
9. In biting an apple or similar hard fruit or vegetable, exert a force toward the teeth rather than pulling away from them. This pulling movement could dislodge your denture. Bite anything as far back in your mouth as possible. Example: Bite a carrot and bend the carrot up. If you are eating food well in six to eight weeks, you are doing fine.
10. You should brush your denture inside and out at least two times a day with regular toothpaste.
11. Brush your dentures over a basin partially filled with water or over a wet towel, to prevent breakage in case they should be dropped accidentally.
12. Whenever your denture is left out of your mouth, it should be kept in water to prevent warpage.
13. It will be more difficult to adjust to a new denture if you had an old denture or no teeth for a long period of time.
14. A lower denture is harder to adjust to than an upper.
15. Using excessive amount of denture adhesive to retain an ill fitting denture invites serious problems and more involved correction at a later date, so please see your dentist for evaluation of your denture regularly. You should be examined once every year.
16. It is perfectly natural for a little food debris, to collect under your denture, especially a lower denture.
17. Sneezing will usually dislodge any denture.
18. The fee for a denture will include a three-month adjustment period necessary to give comfort.
19. Further periodic adjustments will not be included in the fee. The fee for these appointments will depend on what needs to be done.
20. Immediate dentures almost always need to be replaced or relined within one year. The denture does not change, the underlying tissue does.
21. Please call us if we may be of further service to you.