

# **Coastal Dental Services <<<>>> Dentures & More**

**Southside Office**

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## **STANDARD DENTURE CARE INSTRUCTIONS:**

1. All patients are advised to sleep with their denture(s) out unless specifically instructed otherwise. Our general guideline on denture use is to wear your dentures daily between a minimum of 6 hours to a maximum of 18 hours per day.
2. Remove denture(s) after each meal, wash denture(s) and rinse your mouth with tepid tap water (you may use a diluted solution of commercially available mouthwash if you wish) to remove food debris. All scrubbing of dentures is to be performed with a soft bristled brush (special denture brushes can be purchased at most drug and grocery stores). You may use any commercially available denture cream, or you may use your liquid dishwashing soap (do not utilize tooth paste for scrubbing dentures as tooth pastes have pumice in them and tend to be too abrasive, and over time, will damage your dentures). In all instances make sure all soap has been rinsed from the dentures (inside and out) prior to re-inserting them in your mouth or placing them in a denture soak solution.
3. Prior to bedtime, remove dentures and clean them as in #2., above. Rinse your mouth with tap water (you may utilize a diluted Solution of a commercially available mouthwash). Gently scrub your ridges with either a washcloth or soft bristled toothbrush (you may utilize a mild tooth paste if you desire, but this is not usually necessary). Place your dentures in a denture soak solution such as "Efferdent" or any other commercially available denture soak. Prior to re-inserting denture s) the next morning, rinse denture(s) thoroughly with tap water to remove all soak solution.
4. If soreness or sensitivity develops, rinse your mouth with warm salt water until the problem resolves, or until an adjustment appointment can be scheduled. If soreness persists, you may utilize Benzodent or Ziladent (or any other denture sore spot medicament commercially available) until an appointment can be made for an adjustment
5. If you do not want to wear your denture (s) all of the time, do not force yourself to do so. Some patients simply do not want to constantly wear their denture (s) -- if this is by desire, it is OK to leave them out. If you cannot or will not wear your denture (s) due to a denture sore spot or cannot wear your denture(s) at any time during the day, call the appointments secretary at the office to schedule an appointment for an adjustment. Please do not merely just show up at the office for an adjustment because this can lead to long delays for both you and other patients -- call first for an adjustment appointment. In all cases, when you come to the office for treatment please make sure that you have cleaned out any adhesive from both your mouth and your dentures prior to being seen by the Doctor.

