

Adjusting to new dentures or partials is a process that involves both physiological healing and learning new ways to perform basic tasks like eating and speaking.

### Immediate Post-Op (First 24–48 Hours)

- **Keep Them In:** If you received "immediate" dentures (placed right after extractions), wear them for the first 24–72 hours, or as instructed. They act as a bandage to control bleeding and maintain blood clots.
- **Manage Swelling:** Expect maximum swelling within 2–3 days. Use ice packs on your face for 20 minutes on/off for the first 24 hours.
- **Bleeding:** Minor oozing is normal. If bleeding is heavy, bite firmly on folded gauze for 1–2 hours.
- **Rinsing:** Do not rinse or spit for the first 24 hours. After this period, use warm salt water rinses (1/2 tsp salt in 6oz water) after meals and at bedtime to soothe gums.

### Daily Care & Hygiene

- **Nightly Removal:** Once the initial healing period passes, remove your dentures for at least 6 hours (usually while sleeping) to let your gum tissues rest and breathe.
- **Cleaning the Denture:**
  - **Brush Daily:** Use a soft-bristled denture brush and mild soap or a non-abrasive denture cleanser.
  - **Avoid Toothpaste:** Do **not** use regular toothpaste, as it is too abrasive and can scratch the acrylic, allowing bacteria to grow.
  - **Keep Moist:** Store dentures in water or a soaking solution overnight to prevent them from drying out and warping.
- **Cleaning Your Mouth:** Brush your gums, tongue, and the roof of your mouth with a soft brush daily to stimulate blood flow and remove plaque

### Adapting to Your New Teeth

- **Eating:** Start with a **soft food diet**. Take small bites, chew slowly, and try to distribute food evenly on both sides of the mouth to keep the denture stable.
- **Speaking:** It is normal to feel "full" or have a lisp initially. Practice **reading aloud** to help your tongue and facial muscles adjust more quickly.
- **Sore Spots:** Uneven pressure may cause painful sore spots. If these develop, call the office for professional adjustment. **Do not** attempt to adjust or repair the denture yourself.

### Things to Avoid

- **Hot Water:** Never use boiling or very hot water, as it can warp the denture material.
- **Harmful Chemicals:** Avoid bleach or chlorine-based cleansers, which can weaken the acrylic or corrode metal parts on partials.
- **Biting into Place:** For partials, always use your fingers to seat the appliance. **Never** bite it into place, as this can bend the metal clasps.