

# WEST HAVEN DENTAL CARE LLC

Anthony D. Bellucci, D.M.D.

## CARE INSTRUCTIONS FOR DENTURES

- Dentures must be kept clean and free of food debris. Brush with a denture-brush and denture-cream after every meal and before bedtime.
- A regular toothbrush and toothpaste should never be used on the denture. They will cause the denture to wear down faster due to the grit found in the toothpaste
- Dentures must be kept out of mouth overnight to avoid gum irritation. They should be kept in a plastic denture container with a small amount of water and occasionally an efferdent tablet for overnight cleaning.
- Eating with temporary full or partial dentures is usually acceptable. Care should be taken when eating hard or chewy foods. Remove temporary denture if eating with it is difficult.
- If dentures are new or they are your first set a time period of adjustment is normal and is expected. You may have to return to the office several times for minor adjustments if sore areas should occur.
- Occasionally, if the fit of denture is not "tight" enough, a product such as poly-grip or fix-a-dent, in small amounts, may be used to help the denture fit more securely.
- If any problem should arise in between set appointment times, do not hesitate to call our office.