



# STEFANO

D E N T A L

**1617 W. Bogart Road, Suite 1  
Sandusky, OH 44870  
419-626-2205  
Aftercare Following Denture Delivery**

### What to Expect

- 1) It is not uncommon for your gums to be tender or sore after your first few days.
- 2) You may return to our office for a 24-hour check-up. This is a very important appointment where your denture can be adjusted to relieve any sore spots before they get worse.
- 3) Talking, swallowing, and eating will be a new experience. Be patient with yourself, it takes time to adapt to your new teeth.
- 4) If you've never worn dentures before, you'll probably feel like you have a mouthful. Well, you do! Again, be patient. They'll feel like a part of you soon.
- 5) We will see you as necessary for possible adjustments.

### What to Do

- 1) Clean and brush your dentures daily to prevent stain and plaque buildup. Plaque can cause gum irritation and mouth odor. Your dentures can be cleaned with a denture brush and a low abrasive denture paste. Always hold your dentures in one hand while keeping your other hand underneath them to protect them if they should fall in the sink. You should soak your dentures overnight in any bacteria-killing denture cleanser (like Efferdent or Polident). Follow the directions on the box.
- 2) Your gums need to be cleaned daily with a soft brush or cloth to keep the area under your dentures healthy.
- 3) Rinse your mouth and your dentures after every meal to remove food particles and refresh your mouth.
- 4) Remove your dentures from your mouth daily. We recommend taking your dentures out overnight when you sleep. This gives your gums a chance to relax and "breathe" and keeps them healthy.
- 5) When your dentures are out of your mouth, keep them in warm *not* hot water or denture cleanser because they may dry out and change shape causing them to fit differently. Always run your denture under cool water before placing them in your mouth.
- 6) Continue with your regular check-ups. Your bone and gums will change with age, and we will need to check the fit of your dentures. Over time, you may need new ones. Poorly fitting dentures can actually harm your mouth.

### Please Call Us If...

- 1) You are experiencing symptoms more intense or of longer duration than those described above.
- 2) You have any questions at all. We want you to be happy with your new smile!