

DENTURES

Post Treatment Care

After the **healing process is complete**, you might notice your denture does not fit as it used to. This is because there were some changes in the shape of your jaw since you started your recovery. This is only a temporary device that will be used while waiting for the gums to heal. During this period, **the gums and bone shrink**, and in most cases the denture must be relined or replaced with a final prosthesis. The permanent reline can be done **from several weeks to months**, depending upon how well the jaws have healed.

We recommend you to return to our clinic to finish the treatment after 3 to 4 months, or depending on your doctor's opinion. At that time the gums will be completely healed and ready to accept new prosthesis.



Oral health is your own responsibility after we place your dental implants, but we **need to wait for the healing process** before finishing the treatment.

In order to heal properly, you need to **follow all the post-operative instructions and take the prescribed medication**.

If you are going home with temporary fixed dentures, the aftercare is similar to traditional temporary dentures with the exception of the hygiene and diet.



BRUSHING: With this device, you don't have to remove your denture for cleaning. You can **brush your teeth, and use mouthwash on a daily basis**. Just like your natural teeth.



EATING: During healing time, you need to be **under a soft diet**. After the first **4 months**, you will be able to increase your solid food intake a little. **Eating hard food can delay the healing process**, and may cause the implants to fail, due to the constant hitting on the area where the implants are placed.

This treatment is completed in 2 to 3 steps, so it's important to remember that the time-frame will vary. **It is necessary to return to our clinic after the healing period (6 months) to continue and/or finish the treatment.**



DENTURES/ PARTIAL AFTERCARE

It is perfectly normal to experience some **discomfort associated with sore spots** during your first days of use.

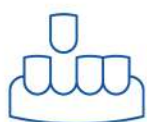
Adjustments and toughening of the gum tissue will be necessary before comfort can be achieved.

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BRUSHING: Just like natural teeth, you must clean your dentures **daily** to remove food residue and dental plaque. They should be brushed **twice a day with a denture toothbrush and toothpaste**, which will keep your dentures from **staining**. Also, you must not forget to clean your gums and tongue to prevent build-up of bacteria, this will also help you to prevent bad breath.



EATING: It takes time to get used to the removable prosthesis, and the first couple of weeks you'll need to eat **soft foods**. Gradually, you'll add more solid foods to your diet. Cut your food into **small bites and place even amounts of food on both sides during chewing**. This makes the dentures more **stable**. Remember to **slow down when eating** and you will learn to master your new dentures more rapidly.



At night, we recommend you to **remove your dentures**. This allows the tissue to **breathe** and **clear** away the pressure that is placed under the gums all day long. Dentures should be kept in **water** when out of your mouth to prevent **warping**. Remember that the gum tissue and bone are constantly changing, but dentures are not. Over time, these might loosen and will need to be **professionally relined or rebased**. If an ulcer forms or the discomfort continues for a long period, **please don't hesitate to call our office for advice or to arrange an appointment** to make adjustments.