



CASTLEBURY  
DENTAL

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## POST TREATMENT CARE

[www.castleburydental.com](http://www.castleburydental.com)

### DENTURES

Following any procedure, we want each of our patients to go home feeling well taken care of and confident. For this reason, we put together a list of care instructions that will help in your recovery process. Here is what you need to know:

#### ADJUSTMENT PERIOD

With any surgical procedure, there is a need to allow time for adjustment. This is crucial to remember following the placement of your dentures. Do not get discouraged. To help make this adjustment period more seamless, we have shaped the following care instructions specific to the areas of concern you may have.

**Eating:** During the first few days following your denture placement, eating may feel awkward and uncomfortable. It is not uncommon for the gums to become sore or irritated. You may also notice an increase in the amount of saliva your mouth produces. Eating soft foods in small bites will help immensely. As you eat your food, make sure to chew slowly on both sides of your mouth, insuring that the dentures do not tip. Avoid foods that are hot, have jagged edges, and are made of sticky substances such as gum or taffy. Please do not use toothpicks at any time. After a few days, you will slowly add more foods back into your normal diet.

**Speaking:** One of the most frustrating aspects for denture wearers is in the manner that they speak. They find it difficult to say words that normally they did not have a problem saying. This is caused by the dentures being placed in areas of the mouth that typically did not have anything there. As you practice those difficult words, the muscles, jaw bones, and tongue will begin to become stronger and know how to interact with one another as you speak.

**Daily Mouth Care:** Even though you wear dentures, you still need to have a consistent healthcare program for your mouth. It is very important that you do NOT wear your dentures while you sleep at night after the first seven days. Just as your body needs to rest from a busy day, your gums and jawbones need to do the same. Before going to sleep, brush your gums, tongue, and palate with lukewarm saltwater and a soft bristle toothbrush. You will also need to massage your gums before going to bed. This routine stimulates blood circulation and prevents plaque from building up.

If you have any further questions or concerns, please feel free to contact our office at anytime.