



THE DENTAL IMPLANT PRACTICE
IMPLANTS. COSMETICS. GENERAL DENTISTRY

Instructions to denture Patients

What To Expect From Your New Dentures

- You must learn to use your new dentures.
- At first you may look, speak and eat in a way you are unaccustomed to but With time you should adapt very readily.
- Your dentures may become loose when you laugh, cough, yawn or even smile. This is normal. To reposition them close your teeth together gently and Swallow.
- Most patients require about 2 to 3 weeks to learn to eat and speak with new dentures.

Eating and Speaking With Your Dentures

- You will find that the dentures are not as efficient as your natural teeth when eating.
- When eating, start with soft foods and take small bites.
- Your speech too may sound strange initially but you should be able to speak Clearly in a few days.



Schedule your consultations
+92 314 2785054 | +92 21 34774021

Cleaning Your Dentures

- Dentures must be cleaned after every meal.
- Use liquid soap and a soft brush.
AVOID using toothpastes, household bleach and boiling water to clean dentures. They can cause irreversible damage

Soak your dentures at night in water or preferably denture cleansers (e.g. Fittydent or Fixodent). Rinse thoroughly with clean water before re-inserting the dentures.

- NEVER wear your dentures while sleeping.
- It is also important to clean your gums as well using a soft toothbrush.

Review

- It is recommended to schedule your visits 2–3 times a year to keep your dentures in an optimal condition.
- It is ok to have any discomfort in initial days however do not hesitate to Contact clinic for adjustment.
- If at any time you experience pain, soreness or discomfort contact the clinic immediately and discontinue to wear your denture.

