



Dr Paul Bodenstein
BChD (Stellenbosch)
paul@smileline.co.za

Dr Suné Bosman
BChD (Western Cape)
sune@smileline.co.za

Dr Deks Dekenah
BMed Sci, BChD (Pretoria), PDD *cum laude*
deks@smileline.co.za

Dr Danielle Prinsloo
BChD (Pretoria)
danielle@smileline.co.za

Mrs Roné Steynberg
Dip in Oral Hygiene, Dip in Food Hygiene
rone@smileline.co.za

Instructions for patients with new dentures

- ⇒ The denture should be worn for 24 hours after they are inserted.
- ⇒ Always wear dentures at least 24 hours before an adjustment is made.
- ⇒ Dr Wucher will adjust sore spots as they occur when the denture settles.
- ⇒ It is natural to experience fullness of the mouth with new dentures.
- ⇒ Expect to have excessive flow of saliva.
- ⇒ At first you will have a feeling of looseness, especially the lower denture. You will adjust to it as your tongue learns to handle the new situation.
- ⇒ The lower denture is harder to adjust to than the upper.
- ⇒ Start out with small bites of soft food, chew straight up and down and try to chew on both sides.
- ⇒ Bite anything as far back in your mouth as possible.
- ⇒ In biting an apple or similar hard fruit or vegetable, you exert a force toward the teeth. This could dislodge them.
- ⇒ If you are eating food well in six to eight weeks, you are doing fine.
- ⇒ You should brush the dentures inside and out at least two times a day with denture cleaner and a denture brush.
- ⇒ Clean dentures over a basin partially filled with water or over a towel, to prevent breakage in case they should be dropped accidentally.
- ⇒ To clean calculus or tartar from dentures, soak them overnight in denture cleaner or white vinegar. Then remove loose calculus by brushing. Soak them in clean water for 1 hour to get rid of the taste of vinegar.
- ⇒ After 8 weeks your denture should be left out at night to give your gums a rest.
- ⇒ Whenever your denture is left out of your mouth, it should be kept in clean water to prevent it drying out.
- ⇒ It will be more difficult to adjust to new dentures if you had no old dentures or no teeth for a long period of time.
- ⇒ You should return to be examined every six months.
- ⇒ It is perfectly natural for a little food debris to collect under the dentures.
- ⇒ Sneezing will usually dislodge any denture.
- ⇒ The fee for dentures will include a six-month adjustment period necessary to give comfort. Further periodic adjustments will not be included in the fee. The fee for these appointments will depend on what needs to be done.
- ⇒ Immediate dentures almost always need to be relined within six months to one year. The denture doesn't change, the underlying tissue does.
- ⇒ Using excessive amounts of denture adhesive to retain ill-fitting dentures invites serious problems and more involved correction at a later date.
- ⇒ Please call us if we may be of further service to you.

Smileline Cosmetic Dental Studio

