Clear Dental
cosmetic dentistry and invisalign

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AFTERCARE INSTRUCTIONS · RESTORATIVE DENTISTRY

CD-P16

After your New Dentures

Keep this letter handy for the next two weeks. If anything worries you, call us. We would rather hear from you early.

PATIENT NAME _____ DATE OF TREATMENT _____

TREATING DENTIST _____ NEXT APPOINTMENT _____

Dear patient,

You have received new dentures. Most people take 4 to 6 weeks to get used to them. Patience and practice are the key.

01 Getting used to your dentures

- Start with soft food cut into small pieces. Chew slowly using both sides of your mouth at the same time.
- Read aloud to practise speaking. Speech usually improves within 2 weeks.
- Extra saliva and a feeling of fullness are normal and settle in a few days.
- If you have immediate dentures, keep them in for the first 24 hours and only remove them as instructed. Swelling may make them hard to reinsert.

02 Sore spots

- Sore spots are common in the first weeks. Do not adjust dentures yourself.
- If a sore spot develops, call for an adjustment. Wear the dentures for a few hours before the visit so we can see the problem area.

03 Daily care

- Take dentures out at night to rest your gums, unless told otherwise. Store them in water or a denture-soaking solution so they do not dry out and warp.
- Brush dentures daily with a denture brush and mild soap or denture paste (not toothpaste, which scratches). Clean over a basin of water or towel in case you drop them.
- Brush your gums, tongue and any natural teeth twice a day.
- Never use hot water or bleach on dentures.

Call us if you have

- A sore spot does not heal within a few days or bleeds
- Your denture cracks, breaks or a tooth comes off
- Your denture becomes loose or rocks (common after extractions)

Emergency: If you have difficulty breathing or swallowing, rapidly spreading swelling, or bleeding you cannot control, call 000 or go to your nearest hospital emergency department.

Follow-up

Attend your adjustment reviews and have your dentures and gums checked at least once a year.

Warm regards,
The Clear Dental team

We're here to help

Call your nearest clinic on the numbers listed at the foot of this page (中文 02 9283 6220) or email **info@cleardental.com.au**. Open 7 days across 9 clinics. In a medical emergency call 000.