



# Instructions for Removable Dentures and Implant Overdentures

Your guide to wearing, caring for, and getting the most out of your new prosthesis – written in plain language so you feel confident every step of the way.

PATIENT INSTRUCTION HANDOUT

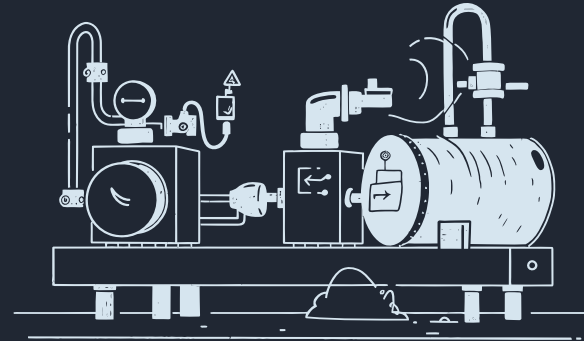
# What Is a Removable Prosthesis?

A removable prosthesis replaces missing teeth and can be taken out for cleaning and overnight rest. There are two main types — both restore your ability to chew, speak, and smile with confidence.



## Conventional Denture

Rests directly on the gum tissue. A well-crafted denture fits snugly and restores natural appearance and function without any implants or attachments.



## Implant Overdenture

Clips onto dental implants using special attachments. This provides significantly improved stability and retention — the denture stays in place much more securely during eating and speaking.

# The Adjustment Period

It is completely normal to need time to adapt to a new denture. Most patients feel comfortable within **1 to 2 weeks**. Be patient with yourself — your mouth is learning something new.

## Increased Saliva

Your mouth may produce extra saliva for the first few days. This is a normal reflex and settles quickly.

## Speech Adjustments

Certain words may feel unfamiliar at first. Practice speaking and reading aloud daily — it speeds up adaptation noticeably.

## Mild Sore Spots

Minor pressure points on the gums are expected early on. Contact your dental office for an easy adjustment — do not try to fix it yourself.

## Chewing Pressure

You may feel unusual pressure when biting. Starting with soft foods and chewing slowly helps your mouth adapt comfortably.

# Eating With Your Denture

## ✓ Start With These Foods

- Scrambled eggs
- Yogurt and smoothies
- Soft pasta and rice
- Fish and tender chicken
- Mashed potatoes and cooked vegetables

## Tips for Comfortable Eating

- Cut food into small, manageable pieces
- Chew slowly and deliberately
- Use both sides of your mouth evenly

## ✗ Avoid Initially

- Hard foods such as raw carrots, apples, or nuts
- Sticky foods like caramel or taffy
- Chewing gum of any kind
- Very crunchy foods like chips or hard crusts

As your confidence grows over the coming weeks, you can gradually reintroduce a wider variety of foods. Your dental team will guide you on timing.

# Cleaning Your Denture

Daily cleaning keeps your denture fresh, hygienic, and long-lasting. A clean denture also protects the health of your gums and remaining oral tissues.



Never use regular toothpaste on your denture — it contains abrasives that scratch the acrylic surface over time, creating tiny grooves where bacteria can hide. Use a cleaner specifically designed for dentures.



# Overnight Care

Most dentures should be removed at night to allow your gum tissue to rest and recover. This is an important part of long-term gum health.

## Store in Liquid

Place your denture in a glass of clean water or denture-soaking solution overnight. This prevents the acrylic from drying out and warping.

## Let Tissues Rest

Removing the denture overnight reduces pressure on your gum tissue and helps prevent soreness and irritation over time.

## Follow Your Dentist's Instructions

In some cases – especially with implant overdentures – your dentist may advise you to keep the denture in overnight. Always follow their specific guidance.

# Special Instructions for Implant Overdentures

Implant overdentures attach to dental implants using clips, locators, or bars. With a little practice, inserting and removing them becomes quick and easy. Caring for the implants themselves is just as important as caring for the denture.



## Insert Straight Down

Always insert and remove the overdenture in a straight up-and-down motion. Do not rock or force it — this can damage the attachments.



## Clean Around Implants

Use a soft brush to clean carefully around each implant site every day. Your dentist may recommend special floss or interdental brushes for this area.




## Attachments Wear Over Time

The clips or locator attachments that hold your overdenture in place will gradually wear and may need replacement. This is normal and expected.

# Sore Spots and Adjustments

Mild sore spots during the first few days are a completely normal part of the adjustment process. Your gums need time to accommodate the new prosthesis, and small pressure points are common.

 **Important:** Do not attempt to adjust or grind down your denture at home. Even well-intentioned modifications can cause significant damage and make the fit worse. Always contact our office instead.

Adjustments are quick, painless, and a routine part of denture care. Most patients need one or two follow-up visits in the first few weeks — this is completely expected and built into your care plan.

## Contact the Office If You Notice:

- Pain that persists beyond a few days
- The denture feels too loose or unstable
- Significant irritation or redness
- Difficulty inserting or removing the overdenture

# Long-Term Maintenance

Your mouth changes over time – even after all teeth are gone, the underlying bone and gum tissue continue to remodel gradually. This is natural, but it means your denture will need periodic attention to maintain a comfortable, secure fit.



# When to Contact Our Office

We are always here to help. Do not hesitate to reach out – most concerns are easy to address quickly, and early attention prevents small issues from becoming larger problems.

## → Severe or Persistent Sore Spots

If pain lasts more than a few days or becomes intense, call us. A simple adjustment is usually all that is needed.

## → Denture Fracture or Damage

If your denture cracks, chips, or a tooth breaks off, contact us right away. Do not try to repair it with household glue.

## → Difficulty With the Overdenture

If you have trouble inserting or removing the implant overdenture, or if an attachment feels loose, let us know promptly.

## → Persistent Pain Around Implants

Any ongoing discomfort near an implant site should be evaluated. Early assessment protects the long-term health of your implants.

📄 You are never bothering us by calling. Questions and concerns are always welcome – that is what we are here for.