



PLATE AFTERCARE INSTRUCTIONS

1. It is normal to have a feeling of fullness and excessive salivation initially with plates. Becoming familiar with your new plate will take time. Do not expect results for several weeks. During this adaptation period you will likely experience: sore spots, difficulty eating, difficulty speaking and cheek/lip biting.
2. Remove your plate from your mouth every night and store wrapped up in damp tissue before placing into a suitable container. This allows your gums to heal and recover and is more hygienic. You may use freshening tablets if you desire, but do not use bleach or toothpaste. Massage your gums with a soft, wet towel to keep them firm and resistant to denture irritation. Adhesives can be used if you are struggling to keep your plate in. Use as little as possible and ensure thorough removal after each wear, so there is less risk of it piling up and throwing off the fit.
3. Clean with a suitable brush and mild hand soap—this is the best way to control odor and stain. Clean over a towel on the side of the bed or over a full sink of water—this will prevent breakage if it is accidentally dropped.
4. Chewing with a plate is different than with natural teeth. Initially soup and soft food will be easier. Learn to chew small pieces on both sides of the mouth at the same time to keep the denture balanced. Foods such as sweetcorn and apples will need to be cut with a knife instead of biting them. Biting with the front teeth will always cause the dentures to tip.
5. Practice reading out loud to improve speech.
6. Settling of the new denture can cause the bite to need to be adjusted. Once teeth are removed the jaw bone will shrink causing the denture to loosen. This will continue throughout your life to some degree. Also, since denture teeth are made of acrylic, the biting surfaces may wear out from normal chewing. This may alter the bite and accelerate the jaw bone shrinking process which in turn affects the fit. For this reason it is important to have dentures evaluated at least every year and it may be suggested that they be relined every 3 years and remade every 5-6 years. If teeth are lost after the plate, the plate may need to be replaced sooner.
7. Sore spots may develop during the first week of wear. If this occurs, lubricate the edges of the plate with some vaseline. If it still persists leave the plate in for at least 4 hours prior to coming for adjustment so that the irritating area can be more easily identified.

Additional Instructions for **Immediate Dentures (denture you get the same day the teeth are removed)

1. First 24 hours: Leave dentures in. The denture acts as a pressure bandage to stop bleeding and prevent swelling.
2. Immediate dentures usually have to be relined or remade after 3-4 months of healing because of the bone and gum shrinkage that occurs during healing.