

DENTURE HOME CARE

REMEMBER DO NOT MAKE ADJUSTMENTS OR REPAIRS YOURSELF.

The resin that your denture/partial is made from has microscopic holes that can collect food debris and /or bacteria. Dentures become contaminated because they are in your mouth on a daily basis and sometimes worn 24/hour/day. Yeast infections are common with those who wear dentures 24 hours a day. *Continuous re-infection by dentures may lead to microbial disease that can be a chronic cause of systemic diseases* thus it is essential that you **clean your denture/partials thoroughly twice a day.**

* Dentures are fragile, so it is important to handle with care

* Clean your denture/partials with a denture brush (not a toothbrush) and a non-abrasive denture cleanser. **Regular toothpaste is too abrasive for denture care.** Scratched dentures will harbor plaque and bacteria, which causes bad odors. When cleaning your dentures place a clean washcloth in the sink and cover it with lukewarm water. Brush the denture or partial under the water to prevent the splashing of food and plaque. The washcloth may prevent the denture from breaking if it is accidentally dropped. After you brush your denture you can place them in a soaking solution overnight to keep them moist and clean. Keep a routine of cleaning so you will not forget where you left them. *If you wear a partial denture make sure to clean the area around the clasps, as trapped food particles and bacteria may cause these abutment teeth to be more susceptible to cavities.*

* Dentures are less self-cleaning than natural teeth, causing tartar and stain to build up fast. Rinse your gums and denture after each meal to decrease irritation from bacteria. Brushing your denture after each meal reduces staining, bad breath and irritation.

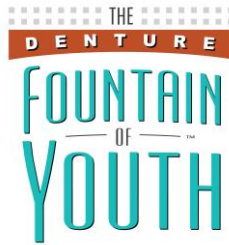
* Even with full dentures, you still need to take good care of your mouth. The gum tissue needs to rest and to allow normal stimulation and cleansing by the tongue and saliva in order to promote better long-term health of your gums. Every morning, brush your gums, tongue and palate with a soft-bristled brush before you put in your dentures. This removes plaque, and stimulates circulation in the mouth. Try to leave your denture out of your mouth for at least 1 hour per day.

* Don't use alcohol, abrasive cleaners, bleaches or whiteners they may scratch the surface of the denture and harsh products like bleach, which will turn the pink parts of your denture white.

* Do not use boiling water, dishwasher or microwave to clean or soak your denture because it will warp them.

* An effective method to killing bacteria, which builds up on dentures over time is to **BRUSH your denture** in a 50% water / 50% bleach solution once a week. Please note, do not soak your dentures in this bleach solution, and only brush them with this solution.

* It is very important to keep your regular periodic exam in order for us to examine your gum tissues for signs of disease or cancer. As you age, your mouth will continue to change as the bone under the denture shrinks or recedes and wears away. Dentures will loosen over time and loose dentures make it hard to eat and speak and do not support the face as well. *Remember a new denture should be made about every 5-10 years or when the dentures cannot be used comfortably.*



FIRST TIME DENTURE WEARERS

At the onset, you should understand that no denture, whether it is complete or partial, would ever function as efficiently as your original natural teeth. Experienced denture wearers with well-fitting dentures have only 20 percent of the chewing efficiency they had with their natural teeth. Learning to wear and use artificial dentures is a time-consuming process that demands patience and determination and the length of time required will vary from person to person. Your mental attitude is of utmost importance; do not expect too much from your dentures, especially at first, and do not become discouraged either, as thousands of people are getting along fine with dentures and so can you.

For the first few days, you should expect only to be able to keep them in your mouth and not much more. The feeling of bulk or unusual fullness is common. This will subside over time. Also you will notice an abundance of saliva. After a few days your salivary glands will adjust themselves and resume their normal function.

The oral tissues supporting your dentures were never intended to be used in this manner. Some ridges (the horseshoe shaped areas of the mouth that the dentures rest on) have thick and resilient tissue covering the underlying bone and this enables the individual to wear the denture comfortably and to chew with minimum discomfort. Other ridges have thin tissues covering the bone and therefore don't provide a good cushion thus making the denture more uncomfortable. Over time the tissues of the mouth gradually accept the dentures.

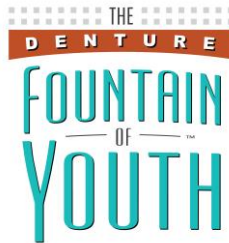
Adjustments of the dentures are almost always necessary before they become comfortable. Modern denture materials are very stable, reliable and do not change over time. However, the tissues of the mouth (the ridges) do change. Most changes occur during the first few months after the teeth are removed. The gums and bone shrink away rapidly in the first few months after tooth extraction. **You can expect your immediate "healing" dentures to fit well in the beginning, but will loosen as the gums and bone shrink.**

Some people experience a gagging sensation when they first wear dentures. This is largely a mental reaction and will be overcome as the dentures are worn – it has nothing to do with how they are made. If you feel the urge to gag, close your mouth, breathe through your nose, and relax.

The biggest concern that most patients share is relearning to eat. Previous eating habits must be broken and new ones quickly learned. It is a good idea to avoid chewing much at first, at least until the dentures begin to feel like part of your mouth and not like a bulky foreign object. For the first few weeks, eat only soft foods. You will learn by experimenting that biting in certain ways upsets the dentures, while biting in other ways seats them in place. You must learn to chew on both sides of your back teeth at the same time. Break or cut a normal bite of food into two pieces and place one piece on each side before starting to chew. After a time this becomes a habit and you will not realize that you are chewing any differently than you did before. Hard foods combined with unskillful use of your dentures will cause a lot of irritation no matter how good the dentures may be. Learn to eat in stages. First learn to swallow and then learn to chew. Practice on foods that normally require little chewing, such as pasta or mashed potatoes, to get the feel of chewing. Then try some light brittle foods such as crackers. With dentures, chewing will mostly be done with your knife and fork. Remember to eat slowly, with smaller bites, and be patient. And above all, always wear your new dentures at mealtime despite difficulties eating. Never do without; this will only prolong the adjustment period.

You will not be able to bite much on your front teeth without upsetting the dentures. The front teeth are really for appearance only and are placed out in front of the ridges; therefore, dentures tip when pressure is put on these teeth, and this can result in ridge destruction. Some people eventually learn to bite into apples and corn-on-the-cob, but too much biting with the front teeth is harmful to the ridges. Try to cut or break up your food first. Also be careful with chewing gum – some brands are stickier than others.

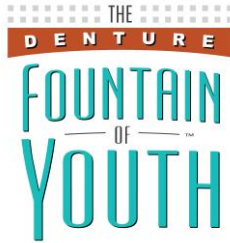
You must develop chewing and swallowing habits, which tend to seat your dentures and discard those, which tend to dislodge them. Occasional "light" use of adhesive is acceptable to improve the stickiness of the saliva under the denture; but the long-term use of adhesives only creates a "false fit" which will help maintain habits that can be destructive to the supporting ridges. When a denture no longer stays in place, it means that the ridge it fits onto has sufficiently changed to allow excessive movement and a loose fit. Since the denture has never changed, it is the denture wearer rather than the denture that becomes loose. A poor fitting denture exerts excessive pressure on the ridge in some places and no pressure at all in other places. This uneven combination of pressures will cause the ridges to wear away more rapidly, and over the years there may not be any ridges left for future dentures to fit over. We recommend that you have an oral examination every year to evaluate your dentures as well as the health of your mouth.



IMMEDIATE DENTURES-HEALING

You have just had an immediate denture placed in your mouth. The following information will assist you to understand the sequence of events during the healing period.

- Teeth have been removed from your mouth. Stitches may have been placed to help the mouth heal. If so, they will dissolve by themselves.
- Dentures have been placed to replace your missing teeth and gum tissue. Today these dentures will feel **large and bulky** until your gums have healed. The dentures may cause your speech to be altered for a few days. This should disappear soon.
- Do not take the dentures out of your mouth on the first day. We will do so at your next appointment. The new dentures serve as a bandage similar to a cast on a broken arm during the initial healing. After the initial denture removal and adjustment, you may remove the dentures as needed for cleaning.
- Some discomfort is usually present when teeth are removed and immediate dentures are placed. This discomfort is due to one or two reasons:
 - The trauma of removing teeth. This will heal rapidly and go away by itself.
 - The dentures may have a pressure spot. If so it will be observed and removed by us as soon as you tell us about the discomfort. **It will not go away by itself, so please inform us if you are having pain.**
- If you have been given antibiotics, take them as directed until they are gone.
- Use the pain medication until the discomfort has gone.
- Avoid smoking for 48 hours.
- Avoid sucking on a straw for 48 hours.
- Avoid spitting for 48 hours.
- Avoid heavy lifting or strenuous exercise for 48 hours.
- Rinse with warm salt water 4 times a day for two days, starting the day after the extractions (avoid rinsing vigorously)
- Keep tongue and fingers away from the sockets, and the sutures (if any) until area is healed.
- Ice pack application will help in the first 6-8 hours with swelling and some discomfort (15 minutes on and 15 minutes off)
- Biting pressure on the denture will promote clotting and will decrease the initial flow of blood. Slight bleeding can last up to 2-3 days.
- Limit your diet to soft nurturing foods and plenty of fluids for the first week.
- Tightness in the cheeks and limitation in opening the mouth may occur for several days. The warm saltwater rinses will be helpful in relieving this discomfort.
- After several months your healing denture will need to be replaced to fit the healing and changing gum tissues. At that time the final, FOY Denture will appear, fit and function as it was intended.
- Healing from tooth extractions continues for up to 18 months. Don't worry if you are slow to adapt. Many others have been through this experience and everyone adapts to change at their own pace.



FOY Dentures®

So you are interested in The Denture Fountain of Youth®. We've created this information sheet to help you understand what FOY Dentures® are, and how they can benefit you.

There are usually 3 reasons people come to see us inquiring about FOY Dentures. So let's talk about each area so you can see where FOY Dentures can help you, or where you may need additional treatment.

1. Appearance
2. Fit
3. "Chew-ability"

Appearance –

FOY Dentures® really excel in this area. This is the number one reason people seek out The Denture Fountain of Youth®. It's quite simple, when your dentures are made without regard for smile and facial proportions, you will have that "Denture Look". FOY Dentures® are designed with optimal proportions and will help in reducing that denture look. Quite simply, FOY Dentures® can give you what appears to be a facelift.

Fit –

Denture fit is a function of how intimate the denture and gum tissue contact each other. A poorly fitting denture will have an "air gap" between the denture and gum. This creates rocking and a less stable denture is the result. The FOY Denture® will fit your gums as well as any denture can fit. So if you have lots of bone and gums then you will have a fantastic fit. If you don't have lots of bone, then look into dental implants to help secure and "snap" your dentures into place.

Chew-ability-

Chew-ability is the ability for someone to chew his or her food. This is a function of how well the denture fits AND how much bone you have. Even a very well "fitting" denture may not chew well if there is very little underlying bone. In cases of extreme bone loss the only way to ensure improved chew-ability is to incorporate dental implants. Dental Implants are "artificial tooth roots" that are implanted into your jawbone. The FOY Denture® can then be "snapped" onto the implants and secured into place.