



Post-Operative Instructions: Dentures and Partial Dentures

Your new dentures or partial dentures are designed to restore your smile and function. The following instructions will help you adjust comfortably and care for your appliance properly.

Getting Used to Your Dentures

- It is normal to experience **soreness, increased saliva, or mild speech changes** at first with your new dentures or partial dentures.
- These issues usually improve as your mouth adjusts.
- Practice speaking and chewing slowly to help adapt.

Eating & Chewing

- Start with **soft foods** cut into small pieces.
- Chew slowly and use both sides of your mouth.
- Avoid hard, sticky, or very hot foods initially.
- Gradually return to a normal diet as comfort improves.

Wearing Your Dentures

- Wear your dentures as instructed by your dentist.
- In many cases, dentures should be **removed at night** to allow the gums to rest.
- If adjustments are needed, do not attempt to alter the denture yourself.

Cleaning & Care

- Remove and rinse dentures after meals.
- Clean dentures daily using a soft denture brush and non-abrasive denture cleaner.
- Do not use hot water, which can warp the appliance.
- Clean your gums, tongue, and any remaining teeth daily.

Soreness & Adjustments

- Mild sore spots are common during the adjustment period.
- Contact our office for adjustments — **do not stop wearing your dentures** unless instructed.
- Regular follow-up visits help ensure proper fit and comfort.

When to Call Our Office

Please contact us if you experience:

- Persistent pain or sore spots
- Difficulty chewing or speaking
- A loose or broken denture or partial
- Changes in fit or comfort

Questions or concerns? Please call King & Miles Family Dentistry at 812-473-1128.

We are committed to helping you feel comfortable and confident with your dentures.