



INFORMATION FOR PATIENTS WEARING A REMOVABLE DENTURE

1. ADJUSTMENT PERIOD

A new denture requires an adjustment period ranging from a few days to several weeks. At first it is normal to feel bulkiness, increased salivation and some difficulty speaking. Reading aloud helps you adapt more quickly.

2. EATING

In the first few days, choose soft foods cut into small pieces. Chew slowly and evenly on **both sides** to keep the denture stable. Gradually reintroduce firmer foods, avoiding very hard or sticky items.

3. CLEANING THE DENTURE

After every meal, remove the denture and rinse it under running water. At least once a day, brush it with a **dedicated denture brush** and neutral soap or a specific cleanser — **do not use toothpaste**, which is too abrasive. Once or twice a week, soak it in a denture cleaning solution.

■ **Handle the denture over a sink filled with water or over a towel: a fall can break it.**

4. CLEANING YOUR MOUTH

Remove the denture and gently brush your gums, tongue and palate to stimulate circulation. Carefully clean any remaining teeth that support the denture.

5. OVERNIGHT REST

Unless otherwise advised, it is recommended to **remove the denture at night** to let the tissues rest. Store it in a container with water or cleaning solution, never dry, to prevent warping.

6. CHECK-UPS AND RELINING

Over time the gums change shape and the denture may become loose: periodic **relines** or minor adjustments are normal. Do not attempt do-it-yourself adjustments and do not use adhesives not recommended by your dentist.

7. WHEN TO CONTACT THE PRACTICE

■ **Contact the practice in case of persistent pain, sores that do not heal, marked instability or breakage of the denture.**

A **regular check-up** is recommended even without symptoms, to assess the condition of the tissues and of the denture.