



it all starts with a smile...

Instructions to patients wearing Dentures.

- 1) New dentures take a while to feel comfortable. Only after wearing them would you be able to tell pressure areas. These should be relieved by the Dentist.
- 2) It takes a while for the gums to adapt to the upper denture and retention will improve after a few days.
- 3) Bottom dentures are always loose and would need to be controlled by your tongue and lips. It takes time to get used to this.
- 4) Start eating soft food first and let the gums slowly harden, and get used to the denture.
- 5) Clean the denture with ordinary soap and water and lightly brush, then rinse with water afterwards.
- 6) **DON'T** sleep with your dentures in.