

Eggert Family Dentistry

Elizabeth C. Eggert, DDS

Suite 160 700 Village Center Drive
North Oaks, MN 55127 651-482-8412

Instructions for You and Your New Dentures

Leave your new dentures in for the first 24 hours. Do not take them out the first night. You will return to our office the next day at your scheduled time for your first adjustment appointment.

Expect some soreness this first day and over the next few weeks as you adjust to your new dentures.

After the first day, it is important that you take your dentures out each night. Brush your dentures with your denture cleaning brush. Do not use toothpaste to clean your dentures; it is too abrasive for the plastic material of the denture. Keep them stored in water or if you prefer a denture cleaning solution. It is best to use a denture cleaning solution, like Efferdent, once per day.

Expect some food to get caught under your denture. It is a good idea to rinse your dentures after each meal.

Call our office for an appointment if you experience a sore spot. Do expect that you will need 1-2 more adjustments in the upcoming weeks.

Practice speaking and eating with your new denture. It is a good idea to read out loud in front of a mirror so you can get used to talking. Expect to sound different initially.