



MODRI ZOB

DENTURE CARE INSTRUCTIONS

It's important to understand that maintaining full and partial dentures is essential for their longevity. Proper care and maintenance involve daily cleaning of your dentures and natural teeth, as well as regular check-ups with your dentist every six months.

ADJUSTING TO NEW DENTURES

1. PATIENCE

Patience is crucial during the first days of wearing new dentures. For most patients, the adjustment period lasts only a few days, but for some, it can take up to a month. Initially, all dentures feel like a foreign object. Your lips, tongue, and cheeks need time to adapt to the new situation. You can speed up the adjustment process by wearing your dentures as much as possible.

2. SPEECH

In the beginning, pronouncing certain letters may be challenging. We recommend talking and reading aloud as much as possible.

3. EATING

During the first few days, be cautious while chewing to avoid biting your tongue or cheek. Start with softer foods and gradually move to harder, more regular foods as you get used to the dentures.

4. SORE SPOTS

It is normal for sore spots to appear on the mucous membrane within the first few weeks. You will feel this as sharp pain in a specific area of your mouth. This can be caused by a part of the denture that is too long or too prominent. In such cases, visit our clinic, where we will adjust the denture to prevent further sore spots.

You can wear your dentures at night.

DENTURE MAINTENANCE

Handle your dentures **carefully** and hold them over a folded towel or a sink filled with water while cleaning. **Rinse and brush your dentures at least twice a day with regular soap.** Do not use toothpaste, as it is abrasive and can create microscopic scratches on the denture, leading to plaque and tartar buildup. Use a **soft toothbrush** or one specifically designed for cleaning dentures. Avoid using hard toothbrushes, as they can damage and wear down the dentures. It is recommended to rinse your dentures after every meal.

Use **denture cleaning tablets** with antibacterial effects to help remove plaque and stains from hard-to-reach areas of the denture.

When not wearing your dentures, **store them in a glass of water** or denture cleaning solution to prevent them from drying out, cracking, or changing shape. Do not place your dentures in hot water, as they may warp.

At Modri zob, we recommend visiting for a **check-up at least once a year** to examine the condition of your dentures, oral mucosa, and gums for any signs of bacterial or fungal infections or potential precancerous changes. See your dentist if the denture no longer fits securely, if you notice any cracks, if the denture feels loose, or if you experience any pain under the denture.

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