

## Denture use instructions.

### **privacy:**

Since each patient is completely different in his condition from other patients, it is not permissible to compare the shape or size of your dentures with other patients

### **The appearance:**

The appearance becomes normal after a short period due to the need of the muscles to return to the normal position. It is also normal to feel at the beginning that the dentures are a large foreign body in the mouth..

### **Eating with dentures:**

1. You can start using the denture for food, but in the first period you have to eat soft foods, and they should be cut into small pieces
2. You normally need 6-8 weeks to get used to eating with the new set
3. The tongue muscle must be accustomed to fixing the denture to the lower jaw, which is an acquired skill, and the placement should be tried on both sides at the same time to help fix the denture.
4. You may experience increased salivation in the first 3-4 days, which is very normal.

### **Practice talking while wearing the new dentures.**

Getting used to speaking with the new set will be faster, but it will take about 3 weeks. In the event that problems persist in speaking, you should consult the attending physician..

## **Oral health and maintaining oral hygiene**

1. Maintaining oral hygiene and dentures is one of the most important things, because failure to do so leads to fungal and viral infections and increased irritation of the membranes in the oral cavity, in addition to bad breath.
2. The denture is washed after each meal, a soft toothbrush is used to clean the outer surface, and fingers are used only to clean the inner surface.
3. The denture is washed using soap and water, but toothpaste is used with the brush for the outer surface only

4. The denture is sterilized either daily or weekly using tablets from the pharmacy.
5. The inner surface of the denture must be cleaned with a soft toothbrush before soaking it in the cleaning solution without using toothpaste or any other materials.
6. The dentures must be removed during the sleeping period, because failure to do so leads to infections in the oral cavity.
7. The mouth itself, the tongue and the roof of the mouth should be cleaned at least once a day while the dentures are out of the mouth.
8. Do not use the denture adhesive except with the advice of the attending physician, because this leads to the displacement of the denture from its normal position and leads to an increase in the rate of dissolution of the gums.
9. You may feel some irritation in the gum area at the beginning of wearing the denture, and this is normal, but if it continues for a long time, you should consult the attending physician.