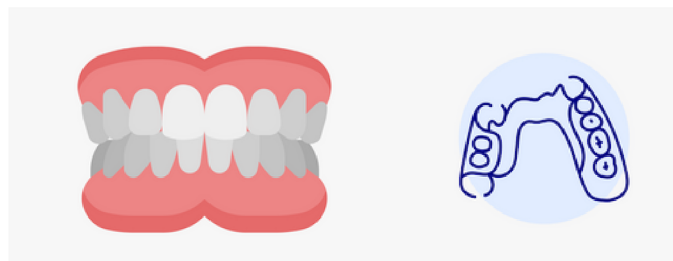




### POST-TREATMENT INSTRUCTIONS FOR REMOVABLE DENTURES

- **Wear the Denture as Instructed:** Begin wearing the denture immediately after delivery, as instructed by your dentist. Follow their guidance regarding when and how long to wear it each day, gradually increasing wear time as you become accustomed to it.
- **Remove the Denture for Cleaning:** Take out the denture after meals for cleaning. Rinse it under lukewarm water to remove food debris, and brush it gently with a soft-bristled denture brush and mild soap or denture cleaner.
- **Handle with Care:** Handle the denture carefully to avoid dropping or damaging it.
- **Maintain Oral Hygiene:** Continue to brush your remaining natural teeth, gums, and tongue twice a day with a soft-bristled toothbrush. Clean the roof of your mouth and any remaining teeth to prevent plaque buildup and maintain oral health.
- **Use Denture Adhesive if Necessary:** If your dentist recommends it, use a small amount of denture adhesive to help secure the denture in place. Follow the manufacturer's instructions for application.
- **Eat Soft Foods Initially:** Stick to a soft diet initially while you adjust to wearing the denture. Gradually introduce firmer foods as you become more comfortable chewing with the denture in place.
- **Attend Follow-Up Appointments:** Schedule and attend any follow-up appointments with your dentist to ensure proper fit and function of the denture. Your dentist may need to make adjustments to improve comfort and stability.
- **Be Patient:** It may take some time to adjust to wearing the denture, including speaking and eating comfortably. Be patient and give yourself time to adapt to the new appliance.
- **Report Any Discomfort:** If you experience sore spots, irritation, or discomfort while wearing the denture, contact your dentist for evaluation and adjustment. Do not attempt to adjust the denture yourself, as this can cause further problems.



VISIT YOUR DENTIST EVERY 6 MONTHS FOR A HEALTHY SMILE & A HEALTHY LIFE

Monday - Saturday  
Sunday

10:00 AM - 6:30 PM  
11:00 AM - 4:00 PM



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