



POST-OPERATIVE INSTRUCTIONS

Caring for Complete & Partial Dentures

Restorative · Cisco Dental — Dental Fitness

A new or newly adjusted denture takes time to feel like your own. The first weeks are a learning period for your muscles and tissues — patience and steady wear are what turn a new appliance into a comfortable one.

The adjustment period

- Expect increased saliva, a feeling of fullness, and some awkwardness with speech at first — all normal and temporary.
- Sore spots are common as the denture settles. Do not adjust it yourself; call us and we will relieve the spot in minutes.
- Practice reading aloud to speed up clear speech, and start with soft foods cut into small pieces, chewing on both sides evenly.

Daily care

- Remove and rinse the denture after meals. Brush it daily with a denture brush and non-abrasive cleaner (not regular toothpaste, which scratches).
- Brush your gums, tongue, and any remaining teeth every day to keep the tissue healthy.
- Handle the denture over a folded towel or a sink of water so it doesn't break if dropped.

Overnight

- Unless we tell you otherwise, take the denture out at night to let your tissues rest, and store it in water or denture solution so it does not dry out and warp.

Keeping the fit

- Your gums and bone change shape over time, so dentures need periodic relines or adjustments — keep your check-ups even if everything feels fine.



When to call us

Call our office at (254) 442-2000 if you experience any of the following:

- Bleeding that does not slow with steady pressure after 45–60 minutes
- Swelling that worsens after the third day rather than improving
- A fever, chills, or a bad taste/odor that does not resolve
- Pain that increases after day 3, or is not controlled by the plan below
- Any reaction to a prescribed medication (rash, hives, trouble breathing — for breathing trouble, call 911)