



You and Your Dentures

Care of your mouth

- Remove the dentures at night when you are ready to go to sleep. Dentures should be outside of the mouth for 6-8 hours every 24 hour period, unless your dentist advises you differently.
- Use a soft toothbrush to cleanse your tongue and all of the gum tissues which are covered up by the dentures every night when you take them out.
- Whenever possible, after a meal, remove your dentures, rinse your mouth, and clean your dentures.

Care of the dentures

- Thoroughly cleanse the inside as well as the outside of the dentures using a toothbrush and non-abrasive hand soap. Toothpaste should not be used because it contains abrasive ingredients which can wear away at your denture.
- Brush your dentures over a basin of water or over a few crumpled up hand towels, so that if they should slip and fall, the water or the towels will prevent damage to the dentures.
- Soak the dentures overnight in a commercial denture cleaner.
- Never let your dentures dry out. When the dentures are not in your mouth, store them in cleaning solution or water. Denture acrylic can warp if allowed to completely dry.

What to expect

- Corn on the cob, apples, and other similar foods should be cut with a knife and chewed using your back denture teeth in order to avoid dislodging or even harming your dentures.
- If any problem arises with your denture, please return to your dentist for assistance. Please do not adjust or reline, or repair your denture at home. Our office's responsibility and obligation ends when a denture is altered outside of our office, and experience has shown that the end products are very often less than desirable.
- No dentures are permanent. Acrylic can wear down over time and changes will occur in the bones and soft tissues of your mouth for years to come. Please return to our office at least once per year for regular checkups and maintenance of your dentures.



Tom Laster, DDS

John Bugni, DMD

The art of eating with your new dentures

- At first, select soft foods. When these can be eaten comfortably, try coarser foods, progressing until you can eat normally again.
- Whenever possible, cut your food with a knife or tear it into small, bite size pieces. Place the food on both sides of your lower back teeth and chew in a straight up and down movement. Avoid tearing or chewing food with your front teeth, because this can dislodge your dentures.

| Meat and Substitutes | Fruits and Vegetables |
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| Select at least 2 servings from this list each day <i>Creamed, roasted, or stewed:</i> Beef, Veal, Pork, Lamb, Poultry, Fish, Eggs, Cheese, Cottage cheese, Peanut butter, Beans, and Lentils | Select at least 4 servings from this list each day <i>Soft cooked or canned:</i> Asparagus Apples, Beets, Bananas, Carrots, Peaches, Eggplants, Pears, Green beans, Oranges, Green peas, Grapefruits, Mushrooms, Pumpkin, Squash, Spinach, Tomato, Wax beans, Potatoes |
| Breads and cereals | Milk and dairy products |
| Select at least 4 servings from this list each day: Rice, Cereal, Grits, Toast, Tortillas, Cornbread, Pancakes, Muffins, Noodles, Macaroni, Spaghetti, Graham crackers | Select at least 2 servings from this list each day: Chocolate milk, Milk, Cheese, Cottage cheese, Yogurt, Pudding, Ice cream, Custard |