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### **Post-delivery instruction for complete and partial prostheses (dentures)**

1. Dentures are custom made devices. They are designed to have an intimate contact with the soft tissue bearing them. Sometimes, the tissue may not be able to withstand the pressure or friction from function. Thus, some ulcers may occur. It usually occurs more at the lower jaw dentures than upper jaw. It's why the dentist needs to see you after delivery for adjustments.
2. Initially, you may want to stay on a softer diet. Use blender, slow cooker or pressure cooker for preparing vegetables or meat. If you attempt chewing, try to chew food with both sides at the same time to help stabilize the dentures.
3. After the healing period, eat food that you are comfortable with. As you are more used to using the dentures, you will gain confidence and comfort chewing and eating normal texture food.
4. Remove the dentures at night before going to bed. Do not wear dentures to sleep. Oral tissue needs oxygenation. Wearing dentures in sleep will increase chances of yeast infection in the mouth.
5. Clean dentures with a brush, cold water and hand soap or dish soap. Make sure there is no food debris or slimy deposit on the dentures. Store them in cold water in a container. **NEVER LEAVE THEM OUT DRY.**
6. Do NOT use toothpaste, bleach or harsh chemicals to clean dentures. Toothpaste is abrasive and creates scratches on them that you cannot see.
7. Never soak dentures in bleach, chemicals or hot water. High temperature will distort the denture.
8. It's normal to feel there is increased amount of saliva in the mouth when starting to use dentures. This will go back to normal in a couple of days.
9. Speech will be affected with the new dentures. After they become more comfortable, you should start practicing speaking at home by reading out loud with a book.
10. Initially, you may experience the following discomfort: biting tongue, biting cheek, excessive saliva or speech difficulty. These are normal. You will get used to the prostheses gradually. If you wish to speed up improvement on speech, practice talking with prostheses alone at home by reading a book out loud.
11. After receiving prostheses, complete or partial, you still need to see a dentist on a regular basis to have them checked and verified to make sure they fit well, your tissue is healthy and there is no clinical signs of bite change.
12. Partial prostheses sometimes make other natural teeth harder to clean. It's even more important to receive regular cleaning and checkup to make sure the other teeth are healthy.