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Use and Care Instructions for Complete and Partial Dentures

Dear Valued Patient,

Congratulations on receiving delivery of your new dental prosthesis. We hope that you will use it comfortably for years to come. Here are a few tips to maintain them in good shape over time:

- Give yourself time to get used to chewing with your new prosthesis, it is a new tool you need to get used to working with. Do not take on the most difficult foods in the beginning, start slow.
- If you get sore spots, do not expect them to go away on their own, return for your follow up visits so we can adjust them for you.
- Do remove and clean your prosthesis after each meal with a toothbrush and toothpaste.
- Do not sleep with your prosthesis.
- Do not wrap up your prosthesis in paper towels, napkins, etc. Keep them in the container we provided for you.
- Do not expose them to direct heat or cold.
- Do not soak them in household cleaners, bleach, soap, or other liquids.
- You may use an effervescent denture cleaner tablet to clean it once daily. You do not need to leave them in this solution overnight. Once it stops bubbling, you can rinse it with clean water and place in your denture cup with some fresh water in it.
- Dentures do not need to be completely submerged under water. Some water is adequate.
- Be mindful of pets, they love stealing and chewing them.
- If you smoke, or consume a lot of staining foods such as coffee, tea, etc. you may want to consider an ultrasonic cleaner.
- Bring them to your cleaning and maintenance visits for evaluation.
- Observe any changes such as dentures getting loose, tight, or unstable. It may be a sign of your prosthesis needing service.

Yours in good health

Dr. Dogus and Staff