

Denture and Overdenture Aftercare:

1. Initial Adjustment & Healing Phase (First Few Weeks)

This phase is critical, especially if the denture (often called an "immediate denture") was placed immediately after tooth extraction or implant surgery.

Concern	Instruction for Denture	Overdenture Specific
Soreness/Healing	Wear Time: For immediate dentures , you may be instructed to keep the denture in for the first 24 hours straight (including while sleeping). The denture acts as a bandage to control bleeding and swelling.	Insertion/Removal: Do not bite your implant overdenture into place, as this can damage the attachments (O-rings/locators). Use gentle, even finger pressure.
Sore Spots	It is normal to develop sore spots as the denture settles. Wear the denture for at least 3-6 hours before your adjustment appointment so the dentist can see exactly where the denture is rubbing. NEVER try to adjust or file the denture yourself.	Report persistent pain around the implant site immediately.
Bleeding/Swelling	Bleeding should slow within 24–72 hours. Apply a cold pack to the face (20 minutes on, 20 minutes off) for the first 24 hours to minimize swelling.	Avoid suction (spitting, smoking, straws) for at least 48 hours to prevent bleeding or disturbing implant sites.
Diet	Start with a liquid (pudding, soup) for the first few days. Gradually introduce softer items like dal rice and well-cooked vegetables.	Chew on both sides simultaneously to prevent tipping/loosening of the denture. AVOID hard, sticky, or very chewy foods for the first few weeks.
Speech	Practice reading aloud or repeating tricky words to quickly adjust your speech. Increased saliva production is normal and will decrease over time.	

2. Long-Term Daily Care & Maintenance

Proper hygiene is essential for the longevity of the prosthesis and the health of your gums/implants.

A. Cleaning the Prosthesis (Denture/Overdenture)

- **Remove and Rinse** thoroughly under cool, running water after every meal.
- **Brush Daily:** Brush your denture at least once a day, ideally after every meal.
 - **Use a soft-bristled denture brush** (or a very soft toothbrush).
 - **Use a non-abrasive cleanser** like special denture paste (Clanden ®), powder (Clinsodent), tablet (Densive) , mild hand soap or dishwashing liquid. Follow the cleanser manufacturer's instructions.
 - **DO NOT** use regular toothpaste, as it is too abrasive and can scratch the acrylic.
- **Soaking:** Most dentures and overdentures must be kept moist to maintain their shape and prevent warping.
 - **Soak overnight** (or for at least 4-8 hours) in water or a denture cleaning solution.
 - **NEVER use hot or boiling water** as this can warp the plastic material.
- **Handle with Care:** Always clean your dentures over a basin filled with water or a folded towel so they won't break if dropped.

B. Caring for Your Mouth and Implants

- **Remove Dentures** for **6-8 hours a day**, usually overnight, to allow your gums and oral tissues to rest and receive natural cleaning from saliva.
- **Brush Tissues:** Use a soft-bristled toothbrush or gauze to gently brush your gums, tongue, and the roof of your mouth daily to remove plaque and stimulate blood circulation.
- **Implant Sites (For Overdentures):**
 - After removing the overdenture, use a soft toothbrush, a **special interdental brush, or a water flosser** to gently clean the implant attachments (the locators/abutments) on your gums.
 - Ensure all food debris and old adhesive are completely removed from and around the implants.

C. General Care and Check-ups

- **Adhesives:** If you use adhesive, use the minimum amount necessary, and clean all residue off the denture and your gums daily. If you need increasing amounts of adhesive, see your dentist—it may indicate your denture needs to be relined.
- **Do Not Repair Yourself:** If your denture breaks, cracks or an implant attachment is lost or damaged, **do not attempt to fix it with household glue or tools.** Contact us for professional repair.

- **Schedule Regular Check-ups** usually every 6 months to:
 - Check the fit and health of your gums/implants.
 - Periodic Laser Implant Maintenance annually.