

## **Instructions following delivery of a Partial or Complete Denture**

- eat soft foods for the first few days
- call the office if a sore spot develops---we expect a few
- rinse with warm salt water or listerine to help reduce the swelling and tenderness of the sore spot after we have made an adjustment to your appliance
- you may need to leave the appliance out for 24 hours to allow swelling to reduce
- do not sleep with these appliances
- rinse and clean your appliances after each meal (protect them from dropping onto a hard surface--they could chip or break)
- rinse and clean your appliances nightly with a denture cleaner--soak them in water overnight
- avoid chewing very hard foods such as ice, popcorn kernels, nuts, hard candy, pens, etc. to prevent chipping or breaking of denture teeth