

## Home Care: Implants/Removable Restoration

Now that you've received your implant-retained denture, it's important to follow these recommendations to ensure its success.

### **Chewing and eating**

Remove dentures for six to eight hours each day.

If we used anesthetic during the procedure, avoid chewing until the numbness has worn off completely.

To protect your implants and denture, avoid chewing ice or other hard objects. Remove denture for six to eight hours a day.

### **Brushing and flossing**

Brush your implants with a soft toothbrush, and floss them thoroughly every day. We may recommend special floss, brushes, mouth rinses, or other cleaning aids to keep the area free of bacteria. Brush and floss your tongue, gums, palate, and any remaining teeth twice a day to keep them free of plaque and bacteria. Clean your dentures daily!

### **Caring for your denture**

Rinse denture with cool water after every meal. Thoroughly clean all surfaces of denture. To keep your denture free of plaque, rinse it with cool water after every meal. Thoroughly clean all surfaces of the denture with a denture brush and a commercial denture cleaning product at least once a day. It's important to keep dentures clean to prevent irritation, permanent staining, and bad breath.

We may ask you to remove your denture for sleeping or for at least six to eight hours a day. Store your denture in cool water whenever it is out of your mouth. You can also soak your denture in a commercial soaking solution. After soaking, rinse dentures in cool water.

### **When to call us**

Call us if your bite feels uneven, your dentures become loose, you have persistent swelling or discomfort, or you have any questions or concerns. We can be reached by calling 772.569.4118.