



Advice For Patients With Implant Overdentures

- The dentures will initially feel a little strange and your mouth may feel clumsy and full. This is a normal feeling at this time. The mouth is extremely sensitive to changes and it usually takes 2-4 weeks to adapt to the new teeth.
- You may also notice that your speech is a little different. Again, this should settle as you adapt to the new teeth, but this can also take a few weeks.
- The dentures may be slightly sore. Try to persevere if possible. However, if you are very uncomfortable then remove the dentures and rinse with warm salt water. A review appointment should have been arranged in the near future to make any necessary adjustments.
- It is absolutely critical that you continue to keep your mouth and implants extremely clean. This will help the implants to last as long as possible. Please clean the inside and outside of the dentures and around the implants twice a day: preferably morning and night. Ideally dentures should be removed at night. We are aware that some patients do not like to do this. If this is the case, then you should remove the denture for at least part of the day to allow the supporting tissues to recover and rest. Dentures are brittle and if dropped into an empty sink could break. We advise that you fill the sink partly with water and/or place a damp flannel in the sink to cushion any impact should the dentures be dropped whilst cleaning.
- You would have been provided with the correct brushes or floss to allow good cleaning of the retentive studs/bars. If you are unsure of the correct techniques, then please do ask.
- If your new overdentures have a metal base then please take care with very hot food/drinks. The metal will transmit the heat to the palate so you may not be able to tolerate such hot food as before.
- Avoid using mouthwashes or soaking the dentures as this can harden the retentive inserts.
- Please be aware that your mouth and the dentures will change with time and maintenance work will be necessary. The retentive inserts inside the denture will need replacing at least once a year. This is very simple to do and could be combined with an annual review appointment. A fee will apply for this visit.

If you have any concerns then please contact the clinic.