

POST-OP INSTRUCTIONS

Caring for Your Denture with a Soft Liner

Your denture has been fitted with a soft liner, a cushioned material that rests against your gums. Soft liners may improve comfort and fit, especially for tender or healing tissue, but they are more delicate than the hard denture base and need special care.

Wearing Your Denture

- Wear your denture as directed by your dentist. Unless you are told otherwise, remove it at night to let your gum tissue rest.
- Insert and remove the denture gently with your fingers. Never bite it into place, as this can damage the liner and irritate your gums.
- Some soreness is normal as your mouth adjusts. If a sore spot does not improve within a few days, call our office for an adjustment. Do not try to adjust the denture yourself.

Cleaning Your Denture

- Rinse your denture after meals and clean it daily with a soft denture brush and cool water. A small amount of mild dish soap is fine.
- Do not use regular toothpaste, stiff brushes, or abrasive cleaners. These can scratch and tear the soft liner.
- Avoid most effervescent denture-cleaning tablets and any product containing bleach or alcohol unless our office tells you a specific brand is safe. Harsh chemicals can harden, discolor, or break down the liner.
- Clean over a folded towel or a sink partly filled with water so the denture is protected if you drop it.

Storing Your Denture

- Never let the soft liner dry out. When the denture is out of your mouth, keep it in cool water or the soaking solution our office recommends.
- Never use hot or boiling water. Heat can warp the denture and damage the liner.
- Keep the denture away from pets and out of reach of children.

What to Know About Soft Liners

- Soft liners are not permanent. They typically need to be replaced or refreshed periodically, and your dentist will check the liner at your visits.
- Do not use denture adhesives on a soft liner unless our office specifically instructs you to.
- Regular checkups are important. Your gums and bone change over time, and the liner may need adjustment to keep the fit comfortable.

When to Call Us

- You develop a sore spot that does not improve, or the denture rubs or feels loose.
- The liner appears torn, peeling, hardened, or discolored, or the liner is separating from the denture.
- You notice an odor or taste that does not go away with daily cleaning.