



IMPACT Denture

Patient Care Instructions



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WELCOME TO YOUR NEW DIGITAL DENTURE!

Congratulations on receiving your new digital dentures! Your dentures were created using advanced computer technology and 3D printing to provide you with the best possible fit and appearance.

What Makes Digital Dentures Special?

- **Precision Fit:** Computer-designed for optimal comfort
- **Digital Records:** Your dentist can quickly remake them if needed
- **Strong Materials:** As durable as traditional dentures
- **Natural Appearance:** Available in various shade profiles
- **Better Initial Fit:** The digital process leads to fewer adjustments from the start

Remember: Your Digital Smile is an Investment! With proper care, your digital dentures will serve you well for many years.

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IMPACT DENTURES: COMPLETE PATIENT CARE GUIDE

Key Points

DO NOT SOAK 3D PRINTED DENTURES OVERNIGHT!

Unlike traditional dentures, 3D printed dentures must be cleaned, DRIED, and stored DRY in a covered container.

Key Reminders:

- For 3D Printed Dentures: DO NOT SOAK OVERNIGHT - store DRY
- Nightly Routine: Remove at night for gum health
- Daily Cleaning: Non-negotiable for oral health
- Regular Check-ups: Every 6 months minimum
- Digital Advantage: Your design is saved for easy replacement

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HOW NOT TO CLEAN YOUR DENTURE

NEVER USE	Why It's Harmful
Hot or boiling water	Warping and ruins denture shape permanently
Regular toothpaste	Too abrasive - creates micro-scratches where bacteria hide
Bleach (undiluted)	Damages pink gum portions and weakens material
Stiff brushes	Creates deep scratches that harbor bacteria and stains
Dishwasher	Heat and harsh detergents will destroy dentures

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GETTING USED TO YOUR NEW DENTURES

Timeframe	What to Expect
Days 1-3	Increased saliva, feeling of fullness, minor sore spots may develop
Week 1	Getting familiar with insertion and removal, speech improving
Week 2-3	Improved speaking and eating comfort, more natural feeling
Week 4	Most people feel fully comfortable and confident

Practice reading aloud from a book or newspaper to speed up speech adjustment!

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ROUTINE CARE

Before putting dentures in:

1. Rinse them with cool or warm water (never hot!)
2. Check for any cracks or damage
3. If you use denture adhesive, apply a small amount

Clean your mouth:

- Use a soft, damp cloth to wipe your gums
- Clean your tongue with a soft brush
- Rinse your mouth with water or mouthwash

After every meal:

- Remove dentures carefully over water-filled sink
- Rinse thoroughly under running water
- Clean your mouth with water
- Reinsert dentures (reapply adhesive only if necessary)

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EVENING CARE

Action	Image
Step 1: Remove Your Dentures Do this over a sink filled with water or a folded towel (in case you drop them). Gently rock them back and forth to loosen them. Never force them out.	
Step 2: Clean Your Dentures <ul style="list-style-type: none">• Use a soft denture brush (not a regular toothbrush)• Use denture cleaner or mild dish soap (never regular toothpaste!)• Brush all surfaces gently• Rinse very well with water	

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Action	Image
<p>Step 3: Soak Your Dentures</p> <p>Soak your dentures in common over the counter cleaning products. Refer to the denture cleanser's manufacturer Instructions for Use. CRITICAL: Do NOT soak dentures overnight.</p>	
<p>Step 4: Store Your Dentures</p> <p>Store your dentures in a clean, dry place.</p>	
<p>Step 5: Clean Your Mouth</p> <ul style="list-style-type: none"> • Brush your gums with a very soft toothbrush • Clean your tongue • Use mouthwash if your dentist says it's okay 	

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EATING WITH CONFIDENCE: PROGRESSIVE APPROACH

3-Stage Eating Plan	
Stage 1: Days 1-7	<p>Soft Foods Only</p> <p>Start with: Yogurt, pudding, soup, scrambled eggs, mashed potatoes, soft fish, smoothies</p>
Stage 2: Week 2-3	<p>Semi-Soft Foods</p> <p>Add: Soft bread, pasta, ground meat, cooked vegetables, soft fruits, rice</p>
Stage 3: Week 4+	<p>Regular Diet with Caution</p> <p>Avoid: Hard nuts, sticky candy, tough meats, corn on the cob, hard crusty bread</p>

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TROUBLESHOOTING COMMON PROBLEMS

Problem	Immediate Action	Long-term Solution
Sore spots	Salt water rinse	See your dentist
Loose dentures	Try adhesive	See your dentist
Bad odor	Deep clean grooves	See your dentist
Dry mouth	Sip water frequently	See your dentist

NEVER DO THIS

- Sleep with your dentures in (unless your dentist tells you to)
- Try to fix broken dentures yourself
- Use too much denture adhesive
- Put dentures on napkins or tissues (you might throw them away!)
- Leave them where pets can reach them (dogs love to chew them!)

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WHEN TO SEE YOUR DENTIST

Regular check-ups (every 6 months) - Your dentist will:

- Professionally clean dentures with ultrasonic cleaners
- Check and adjust fit
- Examine mouth for any issues
- Assess need for relining
- Screen for oral cancer

See your dentist immediately if:

- Dentures break, crack, or chip
- Persistent sore spots after 48 hours
- Sudden change in fit
- White patches or red areas in mouth
- Bleeding gums or constant pain

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