

# New Dentures



We have done our best to provide you with a well fitted, functional, and esthetic denture. We feel confident that after a few weeks of becoming adjusted to the new denture, you will have years of satisfaction and use.

The following information will be helpful to you at this time:

**1. YOUR FIRST FEW WEEKS:** A new denture always feels strange when first placed in your mouth. It is normal at first to experience a feeling of fullness of the denture and to have excessive saliva. Several days or even a few weeks will be required for you to feel accustomed to wearing a new denture.

**2. SORE SPOTS:** Your mouth will usually have a few sore spots after wearing the denture for 24 hours. Don't worry about these areas. They can be relieved with very little effort at your next appointment, which will be scheduled 1-3 days after you receive your denture. Another appointment 1 week later will usually eliminate any other sore areas.

**3. CHEWING:** Begin with eating small quantities of soft food. Divide the food in half and chew with an equal amount on each side of your back teeth. Bread may be very sticky and adhere to the upper denture. Your new bite will not feel comfortable for a period of days. We will adjust the chewing surfaces of your teeth after 1-3 days and then again one week later after the denture has "settled" into place.

**4. SPEAKING:** Bite and swallow before speaking to correctly position the denture. Speaking slowly will help avoid movements that dislodge the denture. Retention of your denture depends on your ability to hold it in place with the muscles of the lips, cheek and tongue. Time and practice will help overcome the difficulties of speaking.

**5. UPPER VS. LOWER DENTURES:** Your upper denture will rest comfortably in place with light to moderate "suction" from the roof of the mouth. Although your lower denture will have adequate stability, it is not possible to get the "suction" feeling that you experience with the upper denture. We suggest that you initially avoid using denture adhesive to attempt to get used to your new dentures. Only use a denture adhesive if you have considerable difficulty with wearing your new denture or prefer the extra retention that denture adhesives can provide.

**6. CLEANING THE DENTURES AND YOUR MOUTH:** Clean your denture daily over a sink full of water to avoid breakage in case it is dropped. Your denture can be cleaned easily by using a denture brush and nonabrasive, denture toothpaste. Denture soaks are also useful. Brush your gums and tongue with a regular soft toothbrush once a day to keep them clean. It is best to leave your denture out at night while sleeping. Leave the denture soaking in water when it is not in your mouth.

**7. THE FUTURE:** Your jawbones and gums shrink up to 1/32 of an inch per year when your teeth are missing. This is one of the main disadvantages of dentures. As a result of this shrinkage, **it is recommended that you have your denture and oral tissues evaluated once a year.** We will inform you when relining or rebasing of the denture is necessary. Wearing ill-fitting dentures for too long without refitting can cause severe bone loss and potentially serious oral problems. An oral cancer screening is also performed as a part of the annual examination, and your dentures will be thoroughly cleaned ultrasonically.

We look forward to helping you adjust to and enjoy your new dentures.