

## **Caring For Your New Dentures**

We have done our best to provide you with a custom fitting, functional and aesthetically pleasing appliances. We are confident that after a few weeks of adjustment you will enjoy years of satisfaction and use from them. In the meantime, the following is information you should know.

### **Your First Few Weeks...**

New dentures always feel strange when first placed in your mouth. Several days or even a few weeks may be required for you to feel accustomed to them.

### **Sore Spots...**

Your mouth may have a few sore spots about 24 hours after your first put your new dentures in. Such sore spots can be relieved by your doctor with very little time and effort. When you feel a sore spot developing, call our office immediately so an adjustment can be made before it gets worse.

### **Chewing...**

The new bite may not feel comfortable for a period of days. Chewing may be difficult at first. Your mouth will seem full of saliva and your tongue may feel restricted. Gradually move from softer foods to harder varieties, avoiding anything excessively sticky. Over time, you will learn what foods you feel comfortable chewing and what foods to avoid.

### **Speaking...**

Speaking may be difficult because of the new positions of the tongue. Practice making certain sounds by counting and reading out loud. The tongue is very adaptive and will shortly conform to your new dentures.

### **Upper vs Lower Dentures...**

Your upper denture will rest comfortably in place with suction. Although your lower denture may have good stability, it is infrequent that suction can be expected to hold it in place. Your tongue and cheeks will help you keep it in place once they accommodate to the change. We suggest that you avoid denture adhesives unless you have severe difficulty.

### **Cleaning The Dentures...**

Your dentures can be easily cleaned using a denture brush and some mild soap. Do not use toothpaste to clean them – it will scratch the finish. Denture soaking tablets are good for the denture and should be used nightly. Brush your gums regularly with a regular toothbrush once per day to toughen them and prevent bacterial build-up. Any time the dentures are out of your mouth, be sure to soak them in denture cleaning solution. Do not leave them out of liquid.

### **The Future...**

Your jaw bones and gums shrink up to 1/32 of an inch per year when your teeth are missing. This is one of the main concerns with dentures and the #1 reason they begin to not fit well over time. Because of this shrinkage, you should plan to have your dentures and oral tissues evaluated by us once per year. We will inform you when relining or rebasing the dentures is necessary. Wearing ill-fitting dentures for too long without refitting can cause severe bone loss and very serious oral disease. Even dentures that fit comfortably need to be checked regularly along with your tissues. If too much bone is lost and the dentures are chronically loose, you may want to consider implants to stabilize your dentures.