

Your New Dentures

You've just received your new dentures. Whether you're a seasoned veteran or a new denture wearer, we're sure there are many questions which may need to be answered. We hope that the following information will prove to be helpful during the next few weeks of your denture adjustment period.

Learning to wear a new denture can take time. Don't become discouraged if you find some difficulty in the beginning. **YOU'RE NOT ALONE!** Please do not listen to friends who tell you how easy it was for them to get used to their dentures and how they can eat everything and anything. They are either bragging, have greater bone and gum support or their memories may be poor. We will help you through any difficulties you may face or any situations that may arise during your adjustment period.

A lower denture usually takes more time to adjust to than an upper denture. The tongue may feel restricted and will tend to play, sometimes even subconsciously, with the new prosthesis. It will soon adapt to the restrictions and to the new feeling that a denture presents, however you must have patience and work towards this slowly.

For the first couple of days, try to eat only soft foods. Then, as you progress to more solid foods try to eat slowly and deliberately, attempting to place even amounts of food on both sides at the same time during the chewing cycle. Placing food on both sides of the mouth at the same time, you balance the biting forces on the new denture and this will help to make it more stable. The longer you take to eat your meal, the faster you will learn to master your new prosthesis.

Try to take small bites at first. Cut all your food into small portions. If, and when, your gum tissues are strong enough to try foods which are bitten off (bread, corn on the cob, etc.), try to press the food against the back teeth on the upper in order to stabilize the denture.

It is perfectly normal to experience some discomfort associated with sore spots during the adjustment period. Nature did not intend for us to wear hard plastic against soft gum tissue. It takes a while for the gum tissues to firm up and to accommodate to the hard plastic denture.

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If sore spots should develop (and in some cases they do not), please be sure to wear the denture for at least 24 hours prior to your adjustment visit! This way we can see the sore spot visually, as it is sometimes impossible to make the necessary adjustments otherwise.

You will feel as though you are speaking differently with a new denture. Often you perceive the speech changes to be greater than the way that other people actually hear you. Reading aloud during the first couple of weeks will go a long way in reducing any minor speech problems which may result wearing a new denture. Your tongue will adapt to speaking perfectly with this new denture eventually .

An unclean denture is neither healthy, attractive or comfortable. Clean your new denture every morning and night with either a denture toothbrush and denture toothpaste (if necessary, any toothpaste can be used) or with one of the commercially available denture cleaners. Soaking the denture at night time in an antibacterial solution (special denture solutions or a mixture of mouthwash and water) will keep bacterial levels on the denture at a minimum.

We prefer that you leave out one or both of your dentures at night. This allows your gum tissues to breathe and also relieves them of the constant pressures of mastication. When left out of the mouth, all dentures should be left in water to prevent the acrylic which they are made of from distorting. You have been given a storage case for the dentures. A good thing to remember is that the denture should always be in only one of two places; either in your mouth, or in their storage case soaking.

Gum tissues are in a constant state of change but dentures are not. Therefore, periodic relining of your dentures may be necessary. If you find your denture getting looser and chewing more difficult, this may be a sign that a reline may be needed. It is very important for you to see the dentist regularly to evaluate the state of your oral tissues and to determine if additional treatment is required. Dentures typically need to be relined or remade every 3-5 years.

NEVER try to adjust your dentures yourself ! Home remedies, although simple, will only lead to trouble.

If any problems arise or if you have any additional questions, feel free to contact us.