

DENTAL DEPOT

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WHAT TO EXPECT AND HOW TO CARE FOR YOUR NEW DENTURES

You are an Individual

- You have new dentures that will fit and feel different than dentures you may have been using
- No two people are the same, thus everyone adjusts at different rates and levels
 - Do NOT compare your progress with another person
- Everyone has some level of challenges when adjusting to dentures

Sores Areas with New Dentures

- Sore areas will develop
- Do NOT attempt to adjust the dentures yourself
- As you use your dentures, they will settle on the soft tissues
- This requires adjustment appointments
- If you cannot wear your dentures because of sore areas, reinsert denture 24 hours before appointment to help accurately adjust areas on the denture by allowing the dentist to see the sore areas.

Speaking with New Dentures

- Learning to talk with your dentures in place requires practice and determination
- Reading aloud is very helpful with learning to pronounce words distinctly
- It takes time for the tongue to learn the different positions necessary to make good speech sounds

Chewing with New Dentures

- Learning to chew will probably take six to eight weeks
- At first, limit your diet to soft foods that are easy to chew
- Gradually learn to eat foods that are more difficult
- Take small bites and chew slowly, trying to overcome the difficulties as they appear
- Learn to chew on both sides of your dentures at the same time
- The lower denture rarely has as good retention as the upper
- Since the muscles of the cheeks, lips, and tongue will tend to displace your dentures, do not develop the habit of displacing them with these muscles. Rather train them to keep your dentures in.
- When biting, place the food towards the corner of the mouth rather than between front teeth
- If you have trouble keeping the lower denture in place during eating, it may result in poor tongue habits
- Tongue should touch the inner surface of the lower denture to help stabilize it when eating

Increased Saliva with New Dentures

- Do not be alarmed at the great amounts of saliva over first few weeks
- It will correct itself as you become use to wearing them

Oral Hygiene with Dentures

- Your dentures should be left out at least 8 hours in a 24 hour period
- Allows tissues to rest from pressures placed on them
- Also allows tissues to “air out”
- Failure to take dentures out can result in:
 - Chronic irritation in tissues
 - Fungal infections
 - More rapid loss of bone
- Clean your dentures and rinse your mouth after every meal
- Tissues of your mouth and tongue should be brushed 2x daily with soft toothbrush
- This provides stimulation for increased blood flow and removes debris that can cause bad breath

Longevity of Dentures

- Do NOT last a lifetime
- Both dentures and tissues will change over a period of time
- Important to have dentures and mouth evaluated yearly by dentist
 - Ensure no negative effects caused by dentures
 - Oral cancer screening
- Shrinkage of your ridges is normal, and happens to everyone
- This results in loose fitting dentures
- Changes in ridges is beyond control of your dentist or yourself
- Never try to repair, reline or adjust dentures; can cause destructive damage to tissues and bone

Limitation of Dentures

- Do NOT expect your dentures to function as your natural teeth once did
- Only function at about 25% as efficiently as natural teeth
- Learn to know your limitations

How to Care for Dentures

- Very important to keep dentures clean
- Accumulation of food debris around teeth and under dentures can result in irritation to tissues and unpleasant odors
- Dentures should be cleaned after every meal by rinsing them thoroughly under running water and rinsing your mouth
- Good idea to fill sink with water or place a towel in sink, as denture becomes slippery when clean, and if dropped can break
- Different commercial denture cleaners are available for cleaning your dentures
- It is preferable to use a non-abrasive cleanser
- Do NOT use toothpaste on your denture