

YOUR NEW DENTURES



We have done our best to provide you with well-fitted, functional and esthetically pleasing dentures. We are confident that after a few weeks of adjustment to them you will enjoy years of satisfaction and use from them. In the meantime, please read the following helpful information.

- 1. Sore spots.** Your mouth usually will have a few sore spots about 24 hours after you put your new dentures in. Such sore spots can be relieved by your doctor with very little effort. **Do not cut or grind on the dentures yourself!** An initial readjustment appointment should be made; another appointment about seven days later will usually eliminate any other sore areas.
- 2. Do not overwork your dentures.** They are artificial. If you had a wooden leg, you would not expect to run a mile in four minutes. So, take it easy. Learn slowly to use your new teeth. No one can teach you how to wear your dentures. It will take time for you to learn the best technique to chew. It is also important to remember that while your upper denture will rest comfortably in place with moderate to strong “suction” it is infrequent that the same suction can be achieved with a lower denture.
- 3. Talking and eating will be difficult at first.** Your mouth will seem full of saliva and your tongue will feel boxed in. Do not try to eat a juicy steak, fresh apples, corn-on-the-cob and similar foods for the first few weeks. Gradually change from soft foods to harder varieties, but avoid sticky foods
- 4. Keep your dentures clean to prevent staining and bad breath.** Brush them with a soft-bristle toothbrush at least twice a day (in your hand). Soak them in a denture cleaning solution twice a week. Please leave your dentures out of your mouth at night: this keeps your gums healthy. If the dentures are out of your mouth, leave them soaking in a water and mouthwash solution. Keep dentures away from pets! Do not use regular toothpaste, it is too abrasive.
- 5. 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 disadvantages of dentures. Because of this shrinkage, you should plan to have your dentures and oral tissues evaluated by us once a year. We will inform you when relining of the dentures is necessary
- 6. Accidents.** If you should break, chip or crack your denture, return to our office with all the pieces. We will usually be able to repair your denture, and usually within a day or two.