

# DENTURE INSTRUCTIONS

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## INITIAL SENSATION

- Your dentures may feel loose until you have learned to keep them in place with muscles of your cheeks and tongue.
- They may tip when you chew, allowing food or liquids to pass under them.
  - If this remains a problem we can discuss the option of implant retained dentures.
- No matter how thin your dentures are, they will feel bulky.
  - The bulkiness may make your tongue feel crowded or may cause a slight gagging sensation.
- Until your gum ridges are used to supporting dentures, your mouth may feel sore or irritated.
- Your saliva flow may increase.
- These problems should decrease over time as you get used to your new dentures.
- If you experience continued irritation or excessive soreness in any area, you should see us for an adjustment.

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## APPEARANCE

- Facial expressions may seem different at first.
  - Normal expression will return when the muscles of your cheeks and lips adapt to the dentures.

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## EATING

- Learning to chew with dentures takes practice.
- Eat soft foods first.
- Cut your food into small pieces and chew slowly on both sides with your back teeth to keep your dentures from tipping.
- When you are more comfortable eating with your dentures try coarser and harder foods until you can eat a normal diet.

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## SPEAKING

- Sometimes wearing dentures can make a difference in the way you pronounce certain words.
  - To help overcome any speech difficulties, practice reading aloud.
- At first you may find that your dentures become loose when you laugh, or cough or even smile.
  - Close your teeth together gently and swallow to reposition them.
- Continuation of these problems for more than a few weeks could indicate the need for an adjustment.

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## CARING FOR YOUR MOUTH

- Each day before inserting your denture, brush your gums, tongue, and palate with a soft-bristled brush to remove plaque and to stimulate blood circulation.
- Take your dentures out nightly to give your mouth a chance to rest and maintain your oral health.



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## CARING FOR YOUR DENTURES

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- Handle your denture carefully!
  - Dropping them (even a few inches into the sink) can break the denture base or a tooth.
- Clean plaque and food deposits from your dentures daily.
  - This will help prevent permanent staining.
- Always store denture in your denture case with denture-cleaning solution or room temperature tap water.
  - If your dentures become dry, they may change shape.
  - Never put dentures in hot water, they can warp.
- Always keep your dentures out of the reach of children and pets.
- Call us immediately if your denture cracks, chips or if a denture tooth becomes loose.
  - Try to save the broken pieces because we can usually repair your dentures.

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## CLEANING YOUR DENTURES

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- Rinse with water to remove loose particles first.
- Apply your favorite denture cleaner or antibacterial soap to a moistened brush and clean all surfaces of the dentures.
  - Always follow the instructions on the denture cleaner you chose to use.
  - We recommend Polident or Efferdent.
- Brush thoroughly but carefully.
  - Scrubbing too hard can damage the plastic parts of the denture or bend metal clasps.
- Hold your dentures over a towel when cleaning to prevent them from breaking if dropped.
- Do not use baking soda or toothpaste to clean your denture.
  - These are too abrasive and scratch your dentures.
- Never use bleach on your dentures.

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## LONG-TERM DENTURE SUCCESS

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- Denture adhesive can be used to hold your denture in place.
  - We recommend Pollygrip and Fixodent.
- Your mouth will continue to change. The bone and gum ridges that support your denture can recede or shrink.
  - If ridge shrinkage occurs, your dentures will begin to feel loose and your ability to chew may decrease.
  - This can be fixed with a re-alignment where we add more material to your denture.
- Prolonged use of ill-fitting dentures can irritate the gums, tongue and cheeks and cause the ridge of the mouth to shrink to the point where it will be almost impossible to fit them with normal dentures.
- With a positive attitude, persistence and regular check-ups, you can become one of the millions of people who wear dentures successfully.

