

CARING FOR YOUR NEW DENTURES

COMFORT

Your dentures will feel strange and bulky at first. They will cause a feeling of fullness of the lips and cheeks. You may also notice an increase in saliva. These are normal and should raise no concern. Remember, wear them and be patient. It usually takes several weeks to get use to a new denture and the quickest way to do this is by wearing them as often as possible.

SPEECH

Speaking normally with dentures required practice and patience too. Several weeks will be required to regain normal speech. Relax and practice by talking in front of a mirror or reading aloud to yourself.

EATING

Learn to chew well with dentures normally requires at least 6-8 weeks. Start with soft foods and small bites. **Biting with the back teeth on both sides will help to keep the dentures in place.** Because the tissue supporting the bottom denture is usually more fragile and mobile, don't be surprise if your upper denture is more stable and feels more comfortable on chewing. Again, practice and be patience, chewing efficiency and comfort will gradually improve. It's also common to see food stuck between dentures and teeth after meals. It is recommended that you remove and wash your denture and rinse your mouth after every meal.

ADJUSTMENT

In completing our service of making the best possible dentures for you, **we anticipate several adjustments** will be necessary. Soreness will usually develop at different locations in your mouth particularly when you are eating because dentures move when you chew. Never attempt to adjust the denture yourself. Remember to wear them for several hours before coming for adjustment in order to help us determine the exact location of the sore spots.

DENTURE CARE

Thoroughly clean your dentures and your natural teeth everyday. **Never use toothbrush and toothpaste** on your dentures as these will scratch the dentures and cause them to stain more easily. Soak them nightly in a glass of cold water with a denture-cleaning tablet like **EFFERDENT** or **POLIDENT**. Soaking the dentures in a 50/50 solution of vinegar and water once a week will help to remove tartar. **Never let your dentures dry out or soak them in hot water.**

TISSUE HEALTH

The dentures should be left out of the mouth at night to give supporting tissues adequate rest. Periodic dental examinations are as important for you as for any other person. When dentures become ill fitting, they can damage the supporting tissue without you being aware.