

INSTRUCTIONS FOR DENTURE DELIVERY



Congratulations your new dentures! Please read these instructions on what to expect for the next few weeks and how to take care of your dentures.

You will likely experience some discomfort with any new denture during the first few days. All new dentures are likely to need several adjustments before they completely and comfortably fit your mouth. If you notice a sore spot, take the denture out and come in to the office for an adjustment. You are always welcome to walk-in during our Urgent Care hours for denture adjustments. At a minimum, we expect to see you for an adjustment within 1-2 days after you get your denture, and then again in about one week.

If this is your first time wearing dentures, you will notice that your mouth feels full and that your dentures fill bulky. This is normal and with time, most people are able to get used to the feeling of dentures. You may also notice that your mouth is producing a lot of saliva – this is also normal and will get better in a few days.

If you have had dentures before, you will notice that the new dentures fit differently than your old dentures. This is also normal – just like a worn pair of shoes, your old dentures and your mouth were familiar with each other. Your new dentures are new and will require some getting used to. On average, ***it takes 1-2 weeks for every decade of life to get used to new dentures***, so if you are 50 years old it will take approximately 5-10 weeks of continual use to get used to your new dentures. To speed up this process, do not put in your old dentures if you still have them, as your mouth will get confused and may take longer to get used to the new dentures.

You should take the dentures out every night and keep them in a clean container filled with water or denture cleaning solution. Your gums need some time, every day, to rest and be without the dentures. Clean your dentures thoroughly with a brush and water before putting them back in your mouth. Do not use regular toothpaste on your dentures. If you have any natural teeth in your mouth, please be sure to brush them twice a day with a fluoridated toothpaste and floss once a day. With partial dentures it is especially important to keep the teeth that are still in your mouth healthy and clean, as they are actually helping to support and secure your partial dentures in your mouth.

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It may be difficult to talk normally with the new dentures for a few days. One way to practice and improve your speech is to read something out loud, while wearing your dentures, for a period of time every day. Your tongue and mouth muscles will get used to the dentures and you will speak normally very soon.

It may be difficult to eat with your new dentures initially, especially if you have never had dentures before. Dentures are not real teeth so chewing will be different and takes some practice. Do not bite with your front teeth – instead, cut food into small pieces and chew with the back teeth. Biting with the front teeth will cause your denture to fall out. Try to chew on both sides at the same time to keep your denture balanced. If you must bite into something, try to bite with your back teeth. We recommend that you try to practice eating when you are not too hungry and allow yourself plenty of time for the meal so that you do not get frustrated. The food may taste different initially but will soon feel normal with practice. Some foods may be more difficult to eat than others. For example nuts, apples, lettuce, steak, and chewing gum will probably require more advanced practice and can be challenging even for expert denture wearers. If you are beginning your denture adventure, start by eating softer foods like soup, pasta, and cooked vegetables.

Try to avoid using denture adhesive (glue) – the best fit is when there is no glue. However, if you have very little bone left to support your dentures, denture adhesive may be necessary to allow you to wear your dentures comfortably. If you must use some glue, use the smallest amount necessary and be sure to thoroughly clean out the glue from the denture and from your mouth every day.

It is normal for the bone and tissue that supports your denture to shrink with time, so you will eventually need a reline of the denture or to have a new denture fabricated in order to maintain a good fit. Wearing poorly fitting dentures can cause damage to your gums and bone.

Even if you do not have any teeth, we still need to see you for a yearly exam. At the yearly visit we will check the fit of your denture, your gum tissues, and do an oral cancer screening exam.

If you have any questions or concerns, please call us at (215) 525-3046.