



## What to Expect When Wearing New Dentures

1. Your new dentures will fit and feel different than the dentures you have been using. Allow yourself time to get used to the new dentures.
2. Sore areas will develop after wearing your new dentures for some time. These areas will need to be adjusted for your comfort. Do not attempt to adjust the dentures yourself; it can cause permanent damage. Please call your dental office and schedule a follow-up appointment. Dentures should be worn the day before the appointment so that the dentist can identify the sore areas. You may need several appointments as you get used to the dentures; this is normal.
3. Learning to talk with the new dentures requires practice and perseverance. Reading aloud is a very good way of improving your speech.
4. Learning to chew with the new dentures can take up to 6 to 8 weeks. Start by eating soft foods and gradually learn to eat foods that are more difficult. Take small bites and chew slowly. If possible, learn to chew on both sides of your dentures at the same time. The lower denture rarely has as good retention as the upper. The tongue should touch the inner surface of the lower denture to help stabilize it when eating.
5. The amount of saliva in your mouth will increase during the first few weeks of wearing your dentures. This is normal and will correct itself eventually.
6. Dentures should be left out of the mouth at least 8 of every 24 hours to allow the tissues to rest from the pressure. Not allowing the tissue to rest can result in chronic irritation, development of fungal infections, and more rapid bone loss. The dentures should be cleaned after every meal and your mouth rinsed. Brush the tissues of your mouth and tongue with a soft toothbrush.
7. Dentures do not last a lifetime. Remember that both the dentures and tissues change over time. It is suggested that your mouth be examined and the fit of your dentures be evaluated by a dentist on a yearly basis. Shrinkage or resorption of your bone ridges is normal. This results in a loosening of the dentures and perhaps a change in facial expression. Changes in the ridges are beyond the control of the dentist and it may be necessary to refit or remove your dentures to correct for this change. An additional fee will be charged. Never try to repair, relin, or adjust the dentures yourself. This could be destructive to the tissue and bone on which the denture rests.
8. Do not expect your dentures to function as your natural teeth once did. Dentures only function about 25% as efficiently as natural teeth. Learn to know the limitations of your dentures and adjust your living habits accordingly.
9. Accumulation of food debris around the teeth and under the dentures can result in irritation and unpleasant odors. Dentures should be cleaned after every meal by rinsing them under running water and rinsing your mouth. Different commercial denture cleansers are available for cleaning your dentures. It's preferable to use a non-abrasive cleanser, as you do not want to alter the surface of the dentures. The dentures should be cleaned with a denture brush.