

INSTRUCTIONS FOR DENTURE PATIENTS

Learning to wear new dentures will take time and patience, especially if this is your first time. Even if you have previously worn dentures, you must realize that your new dentures are different, and you will have to change some old habits. Your new dentures will need to be adjusted and you will need to adjust your dentures.

COMFORT-- New dentures feel strange and bulky. A feeling of fullness in the lips and cheeks is common. Tongue position is important. Learn to rest your tongue so its tip touches the backs of the lower front teeth. Soreness during swallowing requires a simple adjustment of the lower denture.

SPEECH—Speaking with dentures usually is not a problem. You will be more aware of small problems in speech sounds than will your listeners. You can gain confidence by reading aloud in front of a mirror. Repeat words or sounds that seem difficult to pronounce.

EATING – If you have not worn dentures before, learning to chew well normally requires two or three weeks of practice. Begin by cutting the food into small pieces and placing some on each side before you start chewing. Concentrate on chewing with both sides at the same time and it will soon become a good habit. Avoid using the front teeth to chew—they are meant for looks only.

ADJUSTMENTS—You may expect some sore spots after receiving your denture. Remember where they are, and we will adjust them at your follow-up appointment. Occasionally after wearing dentures for some time, a sore spot may arise. If you are unable to get to the dentist for adjustment, temporary relief is available by using Gly-oxide liquid (available at all drug stores). Also warm salt water rinses will soothe the tissues. For any denture problem which exists beyond one week, you should call for an appointment.

DENTURE CARE—Rinse your mouth and dentures after meals if possible. Use facial soap or a liquid detergent on a **SOFT** toothbrush. Avoid excessive scrubbing on the inside of the denture- this will wear away the fit. Stains and hard deposits can be removed by soaking the dentures in full strength white vinegar is fine. Dentures absorb odors and tastes from certain foods, etc. a freshly mixed solution of one teaspoon of baking soda in a cup of water will soak away those undesirables. Remove the denture during sleeping times and immerse them in water. Denture wearers should brush daily the top surface of their tongue as well as the palate with a soft toothbrush and toothpaste.

EXAMINATION—You should have an exam on a yearly basis. The bone supporting your dentures change constantly throughout life. This causes the teeth to come together differently. Never place a drug store type reline in your denture nor attempt to use glue to repair a broken denture. This may prevent successful repair. If your denture breaks into several pieces, attempt to bring all the pieces with you. Sometimes in order to repair a denture we may need to keep it for a few days. To prevent breakage of the denture, always wash it above a basin of water.

GOOD LUCK with your new teeth if you have any questions, please feel free to call. Our staff is happy to assist you.