



Denture and Partial Denture Care

New Dentures may be a trying experience for some patients, especially for those who have never worn dentures before. We want your experience to be as pleasant as possible; here are some helpful guidelines

General Guidelines

- 1) New dentures will feel bulky and will cause a feeling of fullness to the lips and cheeks. It may feel like you have more saliva in your mouth than normal. You may have to “learn” how to speak naturally again.
- 2) The more you wear your dentures the quicker you will adjust. Those who take them out frequently have a hard time adjusting.
- 3) Reading a book out loud with the dentures in can help you “learn” how to speak naturally again.
- 4) Rinse dentures off as needed during the day. Take them out at night, brush them, and store them in water or a denture cleaner (if the cleaner says you can soak them overnight in them). You may rinse your dentures in mouthwash to “freshen them up” from time to time . Your gums must “air out” each night to stay healthy.
- 5) Sore spots are common. Expect to come in 2-3 times for adjustments; please call to make an appointment. It is VERY IMPORTANT that you wear your dentures for at least two meals (or 12 hours) before coming in so that we can locate the sore spots.
- 6) Denture adhesives can be used if needed (Fixodent Plus has been recommended by several patients). The lower denture is generally much less stable than the upper denture.
- 7) Eating with dentures is different than eating with natural teeth. Start with foods that are soft and gradually move to harder foods. Cut food in half and chew on both sides of your mouth at the same time to help stabilize your denture. Try resting your tongue against the back of the lower denture to help stabilize it.

Wearing Dentures After Having Teeth Removed

- 8) Sore Spots are common right after getting the denture. They are also common weeks and months down the road as your gums heal and shrink causing your dentures to fit differently. Expect to come in at least 5-6 times for us to relieve the sore spots; please call to make an appointment. It is VERY IMPORTANT that you wear your dentures for at least two meals (or 12 hours) before coming in so that we can locate the sore spots.
- 9) For the first 6 months your bone and gums will heal and shrink. During this time your dentures may feel like they are getting looser. We can do a temporary “soft relin” during this healing period if needed to help your dentures fit better (there is a fee for this). After 6 months most of the bone/gum changes will have occurred and a more permanent solution can be done.
- 10) DO NOT wear denture adhesives until your gums have healed over where the teeth were removed (2-6 weeks). This will drastically slow down the healing process.