YOUR NEW DENTURES

Whether you are having full (or partial) dentures for the first time, or these are replacement prostheses or relined/repaired prostheses, the information below will help you in achieving optimal results for your own specific and individual needs.

How They Look:

Do they feel too big? Are your lips being pushed out? Do you have a feeling of being “too full-mouthed”? These are questions all new denture wearers have in the beginning. Your dentures may feel like they don’t fit at all. In fact they may even gag you or cause you to bite the inside of your cheek or your tongue. Don’t worry! These problems will lessen as you adjust to your new dentures.

How They Feel:

Did you know that the body considers dentures a FOREIGN OBJECT? To try and rid itself of this foreign material the body causes the salivary glands in your mouth to produce extra saliva. This is a totally natural reaction, which you can lessen by swallowing more often. Soreness is another sensation that may be new to you. Again, this is a natural reaction to a denture and some sores are expected. However, if they become a problem for you, an adjustment appointment is all that is needed to make your new dentures comfortable.

Speaking With Confidence:

When you hear yourself speak, much of the sound that reaches your ears does so as a result of vibrations through the bones of the jaw and skull. Wearing dentures changes and increases these sounds. It may actually cause you to perceive that there is a definite change in the sound of your voice, which, of course, is not the case. Speaking with
confidence takes some time as your mouth and muscles of mastication and facial expression adapt to the feeling of denture acrylic and denture teeth. To avoid denture displacement and its affect on your speech, you should speak deliberately and slowly in the beginning. This will help you avoid movements that raise or move the lower denture. Keeping the lower denture in place depends on your ability to hold it there with the muscles of your lips, cheeks and tongue. These muscles will tend to kick the lower denture out at first, but time and practice will help you overcome these difficulties. Remember to bite and swallow before speaking, which places the dentures in a position to speak more clearly. Sometimes, practicing in front of a mirror will also help. Denture adhesives also can be used to give you that extra confidence that your dentures are secure.

**Denture Care Tips:**

- Clean your dentures over a sink filled with water, so, if you drop them, the water will break their fall.
- Rinse your dentures to remove any loose food.
- Denture cleansers or denture pastes can be used to keep the denture teeth bright and clean.
- **DO NOT USE TOOTHPASTES or VINEGAR, BAKING SODA or BAR SOAP.** These will SCRATCH your dentures.
- Rinse any cleanser thoroughly with clean water, avoiding HOT water, which will WARP your dentures and cause them to fit poorly.
- When not inserted in your mouth, dentures should be kept in a container with water. You may also use effervescent tablets to soak your dentures overnight, making sure you rinse any residue of cleanser before inserting them in your mouth.

**Long Term Expectations:**

Bi-annual dental visits are important, even for denture wearers. Just because natural teeth are lost, that is no reason to avoid dental visits. Periodic examinations of the head and neck, as well as the oral cavity will keep your dentures fitting properly for many years. Remember, our mouth, like the rest of our body, is constantly changing, especially the jaw. As this bone changes, modifications in the denture base might be needed to keep your dentures fitting properly.

**Few Words About Eating:**

- Enjoyable eating is accomplished by beginning with small quantities of food, cut into small, bite-sized pieces. Divide the food placed in your mouth in half, distributing each half equally to the right and left sides of your mouth. This will equalize the pressure placed on each half of your denture.
- Start with soft foods like eggs, fish, chopped meat or thoroughly cooked vegetables. Once you gain confidence, you may then try eating more difficult foods.
• All denture wearers initially have a difficult time sensing temperatures of very hot foods. So, until you are accustomed to your new dentures, avoid any foods that could possibly cause injury.

• Additionally, the brain also receives very strong signals from the nerves located in and around the oral cavity. These strong signals, mostly from the sensation caused by your new dentures, will overpower the less-strong signals received from your taste buds, thereby affecting the taste of some foods. In time, your brain will tend to “ignore” the signals from the “denture” and pay more attention to those coming from the taste buds.

Our office provides our patients with treatment in an open, caring and nurturing environment. Similarly, we try to keep our communication with our patients as straightforward as possible, with the hope that a well-informed and educated patient is one that is aware of our efforts to assist them in attaining ideal and optimum health.