

Dr. Bob's Four Part Sermon on New Dentures

Part 1: Learning to Talk and Chew

Practice speaking out loud. Your lips and tongue will need to learn the position of the new teeth and gums. Even experienced denture wearers tell me that it may take 3 weeks to become totally familiar with their new dentures. Practice chewing on both sides at the same time. Start out with 2 peanuts or cashews or “goldfish” crackers, one on each side. Gradually work up to a handful, chewing on both sides. Be careful! Lips, cheeks and the tongue may get in the way at first.

Part 2: Sore Spots

Denture sores occur because your gums and bone were not designed to support the load of a denture. They were designed for real teeth. However, you do have areas of the gum which can support the denture and that's why people can wear dentures successfully. Areas that cannot take the load of the denture become painful. I can adjust those areas in the denture to take the load off your gums. You will get nowhere with your dentures if you have sore spots. I do not charge for adjustments, it is part of the process of getting used to new dentures. I do not want you to adjust your dentures yourself.

Part 3: Do Not Use your Dentures ...

For anything other than chewing and speaking! Don't use your dentures for biting thread or fishing line or ice or...

Part 4: Don't Lose Your Dentures

If you are ill, check the toilet before you flush. Do not let a dog anywhere near dentures, they will eat them. Do not wrap your denture in a napkin and leave it laying around, they will get lost or thrown away.