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I Just Got My Dentures- now what?

Even if you wear full dentures, you still must take good care of your mouth. Brush your gums, tongue and palate every morning with a soft-bristled brush before you insert your dentures to stimulate circulation in your tissues and help remove plaque.

What will dentures feel like?

New dentures may feel awkward for a few weeks until you become accustomed to them. The dentures may feel loose while the muscles of your cheek and tongue learn to keep them in place.

It is not unusual to experience minor irritation or soreness. You may find that saliva flow temporarily increases. As your mouth becomes accustomed to the dentures, these problems should diminish. One or more follow-up appointments with the dentist are generally needed after a denture is inserted. If any problem persists, particularly irritation or soreness, be sure to consult our office.

Will I be able to eat with my dentures?

Eating will take a little practice. Start with food cut into small pieces. Chew slowly using both sides of your mouth at the same time to prevent the dentures from tipping. As you become accustomed to chewing, add other foods until you return to your normal diet.

Continue to chew food using both sides of the mouth at the same time. Be cautious with hot or hard foods and sharp-edged bones or shells.

Will dentures change how I speak?

Pronouncing certain words may require practice. Reading out loud and repeating troublesome words will help. You may find that your dentures occasionally slip when you laugh, cough or smile. Reposition the dentures by gently biting down and swallowing. If a speaking problem persists, call our office for an adjustment.

How long should I wear my dentures?

During the first few weeks, wear them most of the time, including while you sleep. After the initial adjustment period, it is a good idea to take the dentures out before going to bed. This allows gum tissues to rest and promotes oral health.

Should I use a denture adhesive?

Powder or cream denture adhesive can provide additional retention for properly fitting dentures. Try to use as little as possible. DO NOT use denture liners like “sea-bond”, which are strips of denture lining paper that can change your bite or even cause premature jaw bone loss. Denture adhesives are not the solution for old, ill-fitting dentures. A poorly fitting denture, which causes constant irritation over a long period, may contribute to the development of sores. These dentures may need a relin or need to be replaced. If your dentures begin to feel loose, or cause pronounced discomfort, please call us.

How do I take care of my dentures?

Dentures are very delicate and may break if dropped even a few inches. Stand over a folded towel or a basin of water when handling dentures. When you are not wearing them, store your dentures away from children and pets, preferably in a strong, tightly lidded “tupperware” type container.

Like natural teeth, dentures must be brushed daily to remove food deposits and plaque. The first step in cleaning dentures is to rinse away loose food particles thoroughly. A toothbrush with soft bristles can also be used. Avoid using hard-bristled brushes that can damage dentures. Moisten the brush and apply denture cleanser. Brush every surface, scrubbing gently to avoid damage. Brushing helps prevent dentures from becoming permanently stained and helps your mouth stay healthy. “Whitening” toothpastes may contain abrasives which will wear out the denture.

Some denture wearers use hand soap or mild dishwashing liquid, but these are “slippery” and may make the denture difficult to hold. Avoid using other powdered household cleansers, which may be too abrasive. Also, avoid excessive use of bleach, as this may whiten the pink portion of the denture.

Look for denture cleansers with the ADA Seal of Acceptance. Products with the ADA Seal have been evaluated for safety and effectiveness. Many dentures cleaners/soaking solutions contain detergent which can cause irritation of your gums, so be sure to rinse the denture thoroughly before placing it in your mouth. When they are not worn, dentures should be placed in water. Never place dentures in very hot water, which could cause them to warp. Soak the denture in a bubbly denture cleaner for 15 or 20 minutes, then gently brush with a soft brush and denture type tooth paste. Store in water overnight.