



Adjusting to your new dentures



Improving lives – one smile at a time!



Introduction

Your dentist has recently recommended a removable denture to replace your permanent teeth. Getting used to a new denture is a slow process and can be difficult at times. This brochure has been created to provide you with some helpful hints as you adjust to life with a new denture. Please keep this brochure in a convenient location at home to use as a reference in the future.



Denture Misconceptions

Today, 44 million Americans wear dentures. Dentures are not like real teeth, you will find it harder to talk and chew. Most people with new dentures have to go through an initial period of adaption or “breaking in”. In the beginning, you may experience some of the following:

- A feeling of fullness. It is normal to feel different and awkward at first with your new dentures. Your appearance has most likely undergone a slight change. With time, patience, and some training of your facial muscles, things will soon begin to feel more natural.
- A gagging sensation. Many times, dentures and partials can cause difficulty in the beginning stages while swallowing. It may help to suck on a piece of sugar-free hard candy. With time, this gagging sensation will improve.
- Difficulty in speaking. Careful practice and repetition in pronouncing those hard to say words will make your transition period easier. You must also learn to control the tendency of pushing your tongue forward, which can dislodge the denture.
- Difficulty eating. Start with soft foods that are easy to chew. More difficult foods that are tough (steak) or hard (apples) will require a gradual learning curve. To bite foods that normally require the front teeth, you will need to bite off to the side. Please note: dentures are not for everyone as some cannot tolerate them, in these cases, implants may be a viable option.
- One can no longer have a favorite side to chew on. Food must be moved by the tongue to both sides in the molar area of the dentures to keep the dentures in place and stable for chewing.
- Possible soreness. Soreness from uneven pressure on the gums due to healing or irregularities is not unusual and may develop at anytime. This can be corrected with a simple adjustment appointment.
- Excess salivation. Usually goes back to a normal rate of flow in a couple of weeks.
- Looseness. If you have had teeth extracted shortly before placement of the denture or partial, it may feel loose, due to gum shrinkage from the normal healing process. A process called a “reline” may be needed after healing is complete.
- Be sure to have your dentures checked at least once a year for changes in the gum and bone that will occur over time. Careful maintenance and routine checkups will help to slow down these changes. If you have a partial and some remaining teeth, an exam and cleaning should be scheduled every 6 months.

Denture Care



- Cleaning your dentures every day is one of the most important things you can do to help your smile keep its attractive appearance. Plaque can form on dentures, making them less bright. Failure to clean your dentures regularly can result in staining and denture odor.
- Your dentures can break. Always clean your dentures over the sink. It is recommended that you fill the sink with water and place a washcloth in the bottom to act as a barrier. This helps prevent damage to your denture in case they slip out of your hands by accident.
- Rinse your dentures thoroughly to remove loose food particles. Use cool or warm water. Never use hot water, it can warp your dentures.
- Apply a denture cleaning paste or non-abrasive soap to a moistened denture brush or a soft bristled toothbrush. Do not use ordinary toothpaste, bleach, vinegar or abrasive soap.
- Brush all denture surfaces thoroughly using a denture brush. Avoid using brushes with stiff bristles because they can damage the denture material.
- Rinse dentures well under the faucet to remove all traces of cleaning paste.
- While you sleep at night, soak your dentures in a cleanser recommended by your dental professional.
- Brush your gums, tongue and palate with a soft bristled regular toothbrush to remove plaque and stimulate circulation. Then reinsert your denture.
- To give your mouth an extra, fresh clean feeling, rinse with mouthwash 1-2 times a day.

Denture Adhesive Cream



Directions

1. Start with a **SMALL** amount. Use more if needed. Too much adhesive can cause oozing, or improper fit.
2. It may take a few tries to find the right amount for your denture.
3. Apply once a day for a secure hold.
4. Visit your dentist regularly. Ill-fitting dentures can impair your health.

Applying

1. Clean and dry your dentures before applying cream.
2. Apply the adhesive in small droplets as shown, not too close to the denture edges.
3. Rinse mouth before inserting dentures.
4. Press firmly into place, hold firmly, and bite down for a few seconds to secure.

Removing Dentures

1. Swish mouth with water.
2. Slowly remove dentures by using a rocking motion.
3. Clean adhesive residue from denture and mouth with warm water and a soft brush once you remove your denture.
4. It is recommended that you remove, brush and soak your denture every night.



Upper



Lower



Partial

Denture Adhesive Powder



Directions

1. Clean dentures thoroughly, leaving them wet.
2. Apply evenly by squeezing the bottle. Shake off excess powder and wet the powder prior to putting in the mouth.

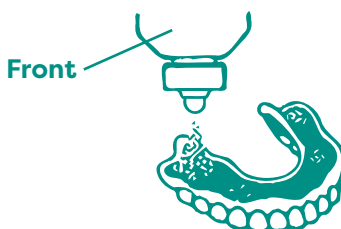
For Uppers

Position bottle as illustrated below so powder is dispensed over a large surface. Move tip from front to back of denture.



For Lowers

Position bottle as illustrated below so powder is dispensed in thin stream. Move tip along "U" of denture channel.



3. Rinse mouth before inserting dentures.
4. Press dentures in place and hold firmly for a few minutes.

Removing Dentures

1. Swish mouth with water.
2. Slowly remove dentures by using a rocking motion.
3. Clean denture adhesive with warm water and a soft brush once you remove denture.
4. It is recommended that you remove, brush and soak your denture every night.

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