

## Adjusting to Life with Dentures

### Regular dental visits

Plan on regular visits to our office so we can monitor your dentures as well as your overall oral health.

### Adjusting to your new denture

You may have difficulty speaking for a short while. If this happens, we recommend that you read aloud. Chances are any difficulties are much more noticeable to you than to others

As your mouth gets used to the new denture it may feel bulky and like your tongue is crowded. You may feel a gagging sensation with the top denture. You may also notice an increase in salivary flow. These are all a normal part of adjusting to a new denture. If these sensations progress beyond the initial adjustment period, please call our office.

Some patients find that a small amount of denture adhesive helps them feel more comfortable with their denture in.

### When to call

Call if your bite feels uneven, your dentures become loose, you have persistent discomfort or if you have any questions or concerns.

Call us if your denture breaks, chips, cracks or if a tooth becomes loose. We can send it to the lab to make sure it is properly repaired.

If you develop any sores, irritation, swelling or discomfort, call right away so we can adjust it.

### Chewing and eating

For the first few months you will need to learn to chew and eat with your new dentures. Start with soft food and as you become more comfortable add more variety. Cutting your foods into small bites can help make this adjustment easier. Try to bite into foods with the side teeth rather than the front teeth. If your denture rocks when you chew, try to keep food on both sides of your mouth to help balance the denture.

Be sure to avoid chewing on hard objects like ice as these can damage your denture.

Occasionally a small piece of food can work its way underneath your denture while you eat. If this happens, remove your denture and rinse it with water.

### Cleaning your denture

Clean your mouth and dentures daily.

After each time you eat, it is best to remove your denture and rinse it with cool water to remove any food particles.

Use a denture brush and denture cleaning product to clean all surfaces of your denture at least once per day. Protect your denture from breaking by either putting a washcloth or hand towel in the sink or filling the sink partially with water. Periodically it is a good idea to soak your denture in a commercial soaking solution such as polident. If your denture does not have any metal parts, you can soak it in a 50/50 mixture of water and white vinegar. Be sure to remove your denture when you sleep. This give you tissues a chance to breathe. Keep it in water while it isn't in your mouth to keep it from drying out. Be sure to keep it out of reach of your pets, too!