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## Caring for you Dentures

- To protect your new denture avoid chewing on ice or other hard objects.
- Brush your tongue, gums, palate and any remaining teeth at least twice a day to keep them free from plaque and bacteria.
- Dentures must also be kept free off plaque to prevent permanent staining, irritation and bad breath.
- If small pieces of food work their way under your denture while you eat, simply remove your denture and rinse it with water.
- Use a denture brush and da denture cleaning product at least once a day to thoroughly clean all of the surfaces of the denture.
- Clean your denture over a sink full of water to prevent your denture from accidentally breaking if dropped, a towel or wash cloth will also work.
- Rinse a denture brush to clean your denture.
- **Do not use toothpaste to clean your dentures.**
- Periodically soak your denture in a commercial soaking solution such as Polident
- After soaking your denture it is important to rinse thoroughly in cool water
- We do not recommend that you sleep with your denture in, we recommend that you remove it for 6-8 hours per day to allow your tissues to breathe.
- Call our office right away if your denture chips, breaks or if a tooth becomes loose so we can properly repair it.
- Call our office if your bite feels uneven, your dentures become uncomfortable, if you have sore spots, irritation or swelling.
- Call our office with any questions or concerns.



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## Life with Dentures

Now that you have your new dentures, here are some suggestions for living comfortably with them. Some temporary problems are a normal part of adjusting to new dentures. However, with time and practice, you will make the adjustment to dentures and be eating and talking with confidence.

**Regular Dental Visits:** Plan on regular visits to our office so we can monitor the health of your mouth and the fit of your denture. We recommend coming in for an oral health exam at least once per year. During this oral health exam, we will check the fit of your denture, evaluate if it is time to adjust, reline or replace your denture, and do an oral cancer examination.

**When to call us:** Call us if your bite feels uneven, your dentures become more loose, you have persistent discomfort, if you have gagging that persists beyond the initial adjustment period, or if you have any questions or concerns.

**Chewing and Eating:** For the first few months, while you are learning to chew with your denture, start with soft foods, then gradually add more variety. Continue to eat a healthy diet, including plenty of fruits, vegetables and proteins. To make eating easier, cut your food into small bites.

Try to bite into foods with your side teeth, not your front teeth. If your denture tips when you chew, try keeping some food on both sides of your mouth to help balance your denture.

Occasionally, small pieces of food will work their way under your denture while you eat. Simply remove your denture and rinse it with cool water. To protect your denture, avoid chewing on ice or other hard objects.

**Speaking and Staying Comfortable:** You may have difficulty speaking for a short while. If this happens, practice talking by reading aloud until you feel comfortable. Some patients find that it helps to speak more slowly and a little quieter.

While your mouth gets used to the new denture, it may seem bulky, you may notice an increase in saliva, and your tongue may feel crowded. These sensations should pass with time. An upper denture can cause some people to gag. Call us if this persists beyond the initial adjustment period.

**Cleaning and Adhesives:** Clean your mouth and your denture daily. Use denture adhesives only as necessary to hold your denture in place and help you feel more comfortable. Less is usually more.