

## **Dentures – Home Care Instructions**

### **Adjusting to New Dentures**

Now that you have your new dentures, here are some recommendations to ensure their success. Some temporary problems are a normal part of adjusting to new dentures. However, with time and practice, most will make the adjustment to dentures and will be eating and talking with confidence. You must commit. Unfortunately, there is 20% of the population who, regardless of the doctors and patients efforts, will not adjust to dentures. These people must consider dental implants.

### **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 this easier, cut your food into smaller bites. Bite into foods with the side teeth, not the front. If your denture tips when you chew, try keeping some food on both sides to help balance the denture. Occasionally, small pieces of food will work their way under your denture while you eat. Simply remove your denture and rinse it with water. To protect your denture, avoid chewing ice or other hard objects.

### **Speaking and Staying Comfortable**

You may have difficulty speaking for a short period. If this happens, practice by reading aloud in front of a mirror until you are comfortable. You can also try speaking more slowly and quietly. While your mouth gets used to the new denture, it may seem bulky, you may notice increased salivary flow, and your tongue will feel crowded. These sensations should pass with time. An upper denture causes some people to gag. Call us if this continues beyond the initial adjustment period.

### **Cleaning and Using Adhesives**

Clean your denture over a sink full of water to prevent your denture from breaking if it is accidentally dropped. Use a denture brush and denture cleaner at least once a day to thoroughly clean all of the surfaces of your denture. Do not scrub your denture with toothpaste. It is best to use mouthwash and/or liquid hand soap on your denture brush. Also, soak your denture periodically in a commercial soaking solution, or, if your denture has no metal parts, you can soak it in a solution of half white vinegar and half water. After soaking, rinse dentures thoroughly in cool water. If you need to use an adhesive, it is important to apply it to clean dentures and to thoroughly remove it every day. When you start needing adhesive regularly, call us because it is probably time for a reline.

### **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 will assist you in scheduling a customized recare (denture maintenance and cleaning plus oral cancer screening) usually every 6 months.

### **When to Call Us**

Please call us right away if your denture breaks, cracks, chips, or if a tooth becomes loose, so we can properly repair it. Also, call us if your bite feels uneven, your denture becomes loose, you have sore spots, irritation, swelling, or discomfort, or if you have any questions or concerns. (772) 286-1606