



YOUR NEW DENTURES

Even if this is your second or third set of dentures, there will be a period of adjustment. Some of the things to remember during this period are as follows:

Fullness:

The original sensation of fullness is a strange, yet natural experience with new dentures. Even relatively small changes from one denture to another can produce this feeling. Your tongue and muscles will adapt and you will see improvement in time.

Eating:

You may need to choose softer foods initially to help develop new chewing habits. Place a small portion in your mouth and chew with the back, not the front, teeth. Keep away from bulky and sticky foods for awhile.

Speech:

Sometimes there is temporary difficulty in speech. It is a good idea to practice by reading aloud. Your speech will soon return to normal.

Sore Spots:

Tender soft tissue can get pinched between the denture and bone as the denture settles and sore spots may develop. The dentist can locate these areas and provide relief. Sometimes the cause of the sore spots can be distant from where the soreness is felt. Therefore it is important that you do not try to adjust them yourself. Dentures should be worn at least two hours prior to returning for sore spot adjustment.

Cleaning:

Whenever possible clean your dentures after each meal. Rinse with water and brush with a soft brush and mild detergent.

At Night:

It is best to give your gums a rest at night. This allows the gums to remain healthier and keep the denture fit better for a longer period. Take the dentures out and place them in a container of water. Dentures should not be left on table top to dry out since they can warp.