

Dentures

We have done our best to provide you with well-fitted, functional, and esthetically pleasing dentures. We feel confident that after a few weeks of becoming adjusted to the new dentures, you will have years of satisfaction and use from them.

The following information will be helpful for you:

1. The First Few Weeks: New dentures always feel strange when first placed in your mouth. Several days or even a few weeks will be required for you to feel accustomed to them, just as if you were “breaking in” a new pair of shoes.

2. Sore Spots: Usually, your mouth will have a few “sore spots,” after wearing the dentures for 24-72 hours. Don’t worry about these areas. They can be relieved with very little effort at your next dental appointment and the areas will then continue to heal.

3. Chewing: The new bite may not feel completely comfortable for a period of days or weeks. Chewing with dentures is very different than chewing with your natural teeth and requires alterations to your typical chewing cycle. Initially, practice chewing smaller and softer pieces of food with the dentures until you become comfortable with the use of the prosthesis. Your bite should feel stable bilaterally (right and left hand sides) and if it does not please call our office so this can be adjusted.

4. Upper vs. Lower Dentures: Your upper denture will rest comfortably in place with moderate to strong “suction.” Although your lower denture will have good stability, it is infrequent that “suction” can be achieved on a lower denture. We suggest that you avoid denture adhesives unless you have significant difficulty with retention, because they alter the fit of the denture over a period of time.

5. Cleaning the Dentures and Your Mouth: Your dentures can be cleaned by using a denture brush and mild toothpaste such as Complete (Procter & Gamble). Denture soaks are also useful for the denture as it will help to soften and dissolve surface debris. Brush your gums with a regular soft toothbrush (not the denture brush) once per day to toughen and clean them. We recommend removing your dentures while sleeping at night. While out of your mouth, leave them soaking in water to avoid warping the plastic. You may also find that it is beneficial to rinse your mouth and denture following eating to prevent excess food debris from accumulating between your tissues and the denture.

6. What to Expect in the Future: Your jawbones and gums shrink up to 1/32 of an inch per year after your teeth are extracted. This shrinkage is one of the main disadvantages of artificial dentures. Because of this shrinkage, you should plan to have your dentures and oral tissues evaluated once per year by us. We will inform you when refitting of the dentures or fabrication of new dentures is necessary to compensate for the changes in your jaws and gums. Wearing ill-fitting dentures for too long without refitting can cause severe bone loss and serious oral diseases. If you are interested in achieving greater stability for your dentures, consideration to the use of dental implants as support for the dentures may be an option and we encourage you to ask us about this.

We look forward to helping you enjoy your new dentures.