

Denture Use And Care Instructions

Please read the following notes to know how best to use and care for your new dentures:

YOUR INITIAL ADJUSTMENT PERIOD:

- Leave your dentures in for the first 24 hour period - you will be scheduled for a 24 hour
- post-insertion appointment. It is very important that you wear the dentures for this 24 hour period so that we know where the denture is not fitting comfortably.
- Feelings of fullness & increased salivation will decrease with time.
- Sucking on a piece of hard candy may help decrease any gagging sensation.
- Expect sore spots to develop during this initial adjustment period.

APPEARANCE:

- The degree of relaxation of your lips will change as you become more comfortable with your new dentures. Because the mouth is so sensitive, small changes may feel drastic. In time, your dentures will feel wonderful.

EATING WITH YOUR DENTURES:

- Cut up food into small bite-sized pieces.
- Eating with food on both sides of your mouth may be helpful.
- Biting foods with your front teeth will tend to dislodge dentures from the underlying tissues.
- Avoid sticky foods.
- Learning to eat with dentures takes time. Eating with dentures will never be as easy or efficient as eating with natural teeth. Be patient.

TALKING WITH YOUR NEW DENTURES:

- Adjusting takes time - read out loud to speed up the process.
- Muscles will need to be reeducated so they will retain the denture.
- The feeling of crowding of the tongue will decrease with time.