



DENTURE HOME CARE INSTRUCTIONS:

Cleaning Your Dentures:

- ⌘ Keeping your dentures clean is very important. Just like natural teeth, dentures can build up plaque and tartar that can irritate your gums, stain the denture teeth, and harbor bacteria and fungus, leading to oral fungal infections.
- ⌘ Give your gums a break! It is best not to sleep with your dentures in place, unless circumstances dictate otherwise, or if directed to do so by your dentist. Place them in a bath of water every night after cleaning them. Premium denture-soaking solutions, such as TriClean, which may be purchased from the office, may be used one or more times per week to keep them looking new.
- ⌘ Brush your denture with a denture toothbrush, foaming antibacterial soap and water. Brushing should be performed at least once a day to avoid buildup of plaque and tartar. Rinsing your mouth and the denture with water after eating can also greatly reduce the amount of plaque and tartar build-up.
- ⌘ If you have a **partial denture**, an **over-denture with natural tooth attachments**, or a **removable denture supported by dental implants**, make sure to brush the implant fittings, and/or your remaining natural teeth at least 2x per day, along with cleaning the denture. The teeth involved with tooth supported partial dentures and over-dentures are still susceptible to decay if not taken care of properly. Although dental implants cannot decay, periodontal disease can still develop without proper home care, ultimately leading to the failure of the implant

Eating:

Initially, eating with dentures will feel very different from eating with your natural teeth. Unlike natural teeth, which are supported and encased by bone, dentures are not. They instead rest on top of the gingival tissues which cover the ridge of the jawbone. This means that the denture, especially the lower denture, can and will often move in



your mouth, depending on the height and thickness of the bone you have, especially when you eat and speak. Eating, like speaking with your dentures will take some getting used to, so to help do the following:

- ⌘ Start with soft, easy to chew foods such as – fish, cheese, eggs, chopped meat, pasta, cooked vegetables, or ice cream.
- ⌘ Take small bites. You may notice that your food may also not taste as good as it did with your natural teeth. This is the result of having your palate totally covered by the upper denture
- ⌘ Chew on both sides of your mouth at the same time; this helps to stabilize the denture.
- ⌘ Biting into food (like an apple) can be difficult with dentures and may tend to dislodge the upper denture. Therefore, foods like apples and corn on the cob should be cut up before eating.
- ⌘ Avoid very hot foods and drinks to prevent burns as dentures decrease temperature sensation.

Speaking:

It is common for patients to have some difficulty speaking with a new pair of dentures. A common enunciation problem occurs with words containing “s” or “f” sounds. It is helpful to practice by reading aloud or speaking in front of a mirror. It may also be helpful to swallow before speaking to “set” the dentures in place. You may also notice that you are salivating more initially, but all these normal initial difficulties, resolve soon.



Soreness and Adjustments:

⌘ It is normal for dentures to cause sore spots and require adjustments. Typically, we will see you after 10 days to evaluate the tissues and the bite as needed. Sometimes the flanges (the edges of the dentures may need to be adjusted if they are digging in or causing discomfort. Typically, only one or two adjustment appointment are necessary. Getting accustomed to the dentures may take some time, but will eventually become comfortable and functional.

⌘ Be sure to have your dentures checked at least once annually, as changes in the mouth, such as tissue shrinkage and bone loss, will continue to occur throughout your life. Careful maintenance and routine checkups will help slow down these changes. If you have a partial denture and some natural teeth remain, an exam and cleaning should be scheduled every 3-6 months.

⌘ Looseness. If you have had teeth extracted immediately prior to placement of the denture, it may feel loose due to gum shrinkage from the normal healing process. A procedure called a "reline" may become necessary after healing is mostly complete, which maybe after six months or more. Sometimes a new set of dentures will also have to be made.

⌘ Please do not try to adjust any part of the denture by yourself, as it may cause irreversible damage to the prosthesis.

Adhesives:

Most well-fitting dentures should not need adhesives. In situations, when the dentures start to get slightly loose, adhesives may be necessary to help retain the denture(s) while in function. Be sure to ask your dentist whether and which kind of adhesive will be necessary for you.



Expectations:

It is important to have realistic expectations for your new dentures. It is important to note that a set of complete dentures generates only approximately 20-25% of the chewing force of natural teeth. This can be significantly enhanced with the use of dental implants, which would anchor the denture in place. Implant supported dentures can be fixed or removable.

If you are new to wearing dentures, there will be an adjustment period. Eventually, your muscles and oral tissues will adapt to eating and speaking with dentures, so be patient.

If you have any questions about your new dentures or need an adjustment, please call the office to set up an appointment.