



Caring for & adapting to your new dentures

Patience is required to learn to wear and function with your new dentures. It takes several months to become comfortable with new dentures and at least a year to master them.

Sore spots are an expected part of the denture adaptation process. While they may develop at any time, they are most common in the first weeks after delivery. We typically save time for you in the week following your denture delivery in anticipation of this. When sore spots develop after this time, call our office to arrange an adjustment.

As you begin to use your dentures, the muscles of your tongue, cheeks and lips will displace the dentures, these same muscles need to be trained to assist in keeping your dentures in place. Most everyone has more problems with their lower denture than their upper denture.



The two most frequently cited stumbling blocks in denture adaptation are speaking and eating:

Begin with soft easy to chew foods, gradually expand to more difficult foods. Take small bites and chew slowly. Distribute the food evenly on both sides and chew on the back teeth. We advise that you do not invite criticism of your new dentures from friends and family or schedule 'date-night' meals until your muscles are trained to manipulate them.

Reading aloud is a good way to re-learn to talk and enunciate clearly. Avoid speaking much in public until your muscles have accommodated to your new dentures. Most patients adapt to speaking within 1 month of receiving their new dentures.

Your dentures may give a feeling of fullness, while an unusual sensation, this is purposeful to give form back to your lower and middle face. Some patients also report an increase in salivation while they get used to their new dentures, this is normal and goes away within a week or two.

Clean your dentures several times a day. There are many good denture cleaning products on the market today, although dish soap works well too. Do not use toothpaste, scouring powders, or harsh abrasives, as this will scratch the surface of the dentures. Likewise, do not place the dentures in hot water or bleach as these can warp or discolor your dentures.

It is important to leave your dentures out of your mouth at night to allow the oral tissues a chance to rest and recover. When the dentures are not in your mouth, make sure they are in a safe place, so they do not disappear. Lost and pet-destroyed dentures are a common (and expensive) occurrence.

With time, shrinkage of the ridges of your mouth that support the dentures will occur, resulting in a change in overall fit. The length of time which elapses before these changes occur varies. For this reason, you should have periodic check-ups to see if your dentures need relining or other adjustment. You should also always be seen once a year for an oral cancer screening.

