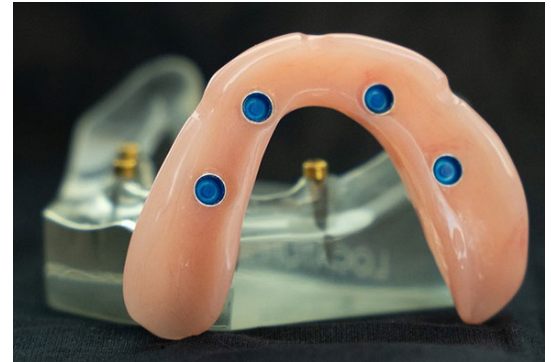




Caring for & adapting to your new overdentures

Upgrading to implant retained overdentures is a significant improvement, whether you have had conventional dentures or no dentures. While one of the best services that modern dentistry can offer, they are still replacement teeth; functioning with them is not hardwired in your biology, it must be learned. Here are some tips, tricks, and common speed bumps to watch out for.



Adaptation

Patience is required to learn to wear and function with your new overdentures. Most people require several months to become comfortable with new dentures and a year to master them.

Even with implants, the two most frequently cited stumbling blocks in denture adaptation are speaking and eating. In general, people report that getting used to implant dentures is much easier than conventional dentures, but it is still a process.

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 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.

While we see fewer sore spots with implant dentures, they are still 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. When sore spots develop, call our office to arrange an adjustment.





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Cleaning the overdentures

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. For dentures with metal in them, this can also cause them to rust. We recommend against soaking overdentures for long periods of time in any kind of cleaner as this may impact the lifespan of the retentive inserts

Cleaning your mouth

Be sure to keep the gold abutments in your mouth very clean. Gum disease around implants is the number one reason for implant failure. Food buildup on these abutments causing excess friction is the primary cause of shortened life of the retentive inserts.

It is important to leave your dentures out of your mouth at night to allow the oral tissues a chance to rest. When the dentures are not in your mouth, make sure they are in a safe place, so they do not disappear.

Caring for the inserts

You should expect some movement of the dentures. The retentive inserts are designed to keep the dentures in place, not take 100% of the forces of oral functioning. Different strengths of retention are available. As you get used to your new dentures in the coming months, it is not uncommon to upgrade your retention to the next level.

Over time, these inserts will wear and need to be replaced- they are a long-lasting expendable component like tires. The lifespan of these inserts should be 3-5 years. The primary reason that they wear out early is from inadequate cleaning.

Ongoing professional maintenance

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 annual check-ups to see if your dentures need relining or other changes. It is also important to continue to have an annual oral cancer screening.

