



New Denture Information

- New Dentures will feel strange and bulky in your mouth. They will cause a feeling of fullness of the lips and cheeks.
- The lower denture is usually much more difficult to become accustomed to compared to an upper denture. This is natural.
- There will be an excessive flow of saliva for the first few days until the salivary glands in the mouth become adjusted to the presence of the new denture.
- Speaking normally with dentures requires practice but typically is not a problem. You should read out loud and repeat any words or phrases that are difficult to pronounce. You will be much more aware of your speech than others.
- Learning to chew well with dentures will require 6-8 weeks. Begin with soft food cut into small pieces. If you can chew on both sides, the tendency of the denture rocking or flipping will be reduced.
- The front teeth are placed in a denture for esthetic purposes only, NOT for function. The back teeth of a denture are placed for function. Chewing of food should only be done on the back teeth. Incising of food is accomplished in the premolar area.
- When incising with dentures, the food should be placed between the back teeth to break apart rather than pulling downward and outward as you do with natural front teeth. This will produce an inward and upward force, which tends to seat the denture.
- A great deal of control of complete dentures results from manipulations of the tongue, cheeks and lips. If you become accustomed to old dentures over a long period of time, new habits will have to be formed with new dentures.
- When you have gone without dentures for a long time, at first you will be able to chew better without the denture than with them. However, you must leave the new dentures in while chewing to learn how to use them. Eventually, your body will adapt.
- It is typically more difficult for a patient who has not worn dentures for some time to become accustomed to them than it is for a patient who is used to wearing dentures.



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- The dentures move on the tissues and soreness will usually develop for varying periods at different locations in the mouth. This is normal for new dentures. You must return so the dentist can adjust the dentures to correct the soreness in the mouth.
- Never attempt to adjust the dentures yourself.
- If an adjustment is needed it is best you wear them at least 24 hours prior to the adjustment appointment so our team can visualize the sore spot.
- The tissues around the dentures will function more naturally after the dentures have been worn for several weeks.
- Dentures should always be left out of the mouth at night to give supporting tissues a rest. If the teeth have been extracted prior to delivery of the denture, the denture needs to be worn at night for the first week.
- When dentures are left out at night, place them in a close container with water to prevent drying out and possible dimensional changes. Unless a permanent soft liner is present which only allows for soaking up to twenty minutes.
- Dentures should be brushed and rinsed after every meal.
- Do not use denture adhesives with new dentures. If you use these materials too early, you will become dependent on them. The adhesives can also create too much retention and the forces can cause damage to supporting tissues.
- Never soak the dentures in Clorox. The bleach will destroy the natural colors and the denture base, materials and teeth. If metal framework is present, the metal could tarnish and turn black.
- Lastly, patients who wear dentures must have routine dental examinations at least once a year to monitor changes.