



## **Wearing Your New Denture**

You have probably been looking forward to the day when you finally receive your new denture. You are likely glad to finally put all of your dental problems behind you. When the day arrives and we insert your new denture, we do not want you to be shocked that a new number of dental issues are just beginning. In order to receive the best possible service and satisfaction, we want you to be educated on the pertinent facts effecting your new denture.

### ***How Long Will It Take to Make My Denture:***

It will take from 5-6 weeks from the first denture appointment. If you have to have teeth pulled, there will be a recovery period before we can begin with your denture. **PLAN ON IT TAKING ABOUT 2 MONTHS!**

1. First Impressions for Custom Tray / **DENTURE DEPOSIT DUE** (1 Week)
2. Final Impression (1 Week)
3. Jaw relations/Shade/Mold (2 Weeks)
4. Wax Try-In (2 Weeks)
5. Denture Delivery / **DENTURE MUST BE PAID IN FULL**

### ***Positive Attitude:***

Your attitude and ability to adapt are very important in learning how to use your new denture. Do not expect too much from them, especially at first. Your dentist can only make the denture and advise you on how to wear them. **YOU** must have the patience and perseverance to learn to use the denture.

### ***“Feel” of the Denture:***

When a denture is first inserted, it feels very bulky. You will not be accustomed to having so much material in your mouth. The muscles of your mouth, tongue and cheeks need to get used to coordinating movement with the denture.

### ***Saliva:***

You will notice an increased production of saliva as you get accustomed to wearing your new denture. This is a normal response of your mouth to having a new prosthesis. It is temporary and should adjust with time.

### ***Speech:***

Your speech may be affected by your new denture until your muscles get accustomed to controlling the denture. The learning process is enhanced by practice; the more you talk with the denture in place, the sooner your muscles will coordinate movement and allow you to sound “normal”. Reading out loud will help speed the process.

### ***Eating:***

It will take some time for you to learn to eat a “normal” diet. During the first few days we recommend a soft diet. Try to avoid hard, sticky foods until you have more experience with your denture. While some



experienced denture wearers will tell you they can eat anything, from apples to corn on the cob, this is the exception, not the rule. Most patients will find some restrictions in the foods they can manage with their denture.

### ***Helpful Hints for Eating with Your New Denture:***

1. Start off with very soft foods. As your control of the dentures improves, begin eating harder, stickier foods that require more chewing.
2. Eat slowly and cut things up into small bites.
3. Try not to chew on one side then the other, instead try to chew on both sides at the same time in an up and down motion. This will prevent the denture from tipping.
4. Dentures are not made to cut or incise with your front teeth. This will cause the front teeth to loosen and tip. Cut things up with a knife and then place into your mouth.

### ***Sore Spots:***

New dentures will almost always cause sore spots. These will be relieved by your dentist at your post-insertion appointments. Do not try to fix them at home. Your dentist will reduce the high areas a little bit at a time, as to not compromise the fit of the denture.

### ***Cleaning:***

Dentures need to be cleaned daily with a denture brush and water or denture cleaner. Do not use toothpaste on your denture, as it is too abrasive and will scratch your new denture. Your oral tissue must also be kept clean by using a soft toothbrush or washcloth.

### ***Denture at Night:***

Your new denture is like the stars, “they come out at night”. It is important that you allow the tissues of your mouth to have some time to breathe and recover. Remove your denture every night and place them in a container with denture solution or water. The only exception to this rule is if your dentist asks you to wear them overnight to assess your mouth for sore spots the next day.

### ***How Long Will My Denture Last?***

Dentures are not meant to last forever. Normal usage and wear will result in a well-made denture needing replacement every 6-8 years. You may need to have your denture relined prior to that to improve the fit. Keep them away from pets and be careful when handling them, as they can break if dropped.

If you have any questions, please do not hesitate to ask your dentist. We are here to help you get through this adjustment time of working with your new denture.

**IMMEDIATE DENTURES WILL REQUIRE A RELINE OR A NEW DENTURE AFTER APPROXIMATELY 6 MONTHS. ADDITIONAL CHARGES WILL APPLY.**