

Van Beek Family Dentistry

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What to Expect From Your New Dentures

The transition to a first denture is a big step, and a fair bit of patience is necessary particularly at first. A certain number of routine adjustments will be required to correct minor problems with the denture's fit and bit (some people need as few as two or three adjustments; others require as many as ten or more over several weeks).

The sensation of having a foreign object in your mouth, and the accompanying increase in salivation, should begin to disappear within the first week. Speaking with the new dentures often requires considerable practice. It is not unusual to experience some whistling, lisping, etc. until you adapt to the new teeth and the thickness of the denture itself. Reading out loud and practicing difficult sounds is very helpful.

Be sure to start chewing with soft foods and progress to tougher chewing gradually. Complete dentures do not allow as much side-to-side chewing as natural teeth, and wearers must adapt to a more up-and-down chewing pattern. To keep dentures from tipping loose when chewing, try to keep food on both sides of the mouth at once, and avoid trying to bite tough pieces off with the front teeth only. (e.g. Corn on the cob)

ALWAYS, take the dentures out a night to let the oral tissues rest; 24 hour wear will accelerate the natural shrinking of the supporting jawbone, and usually causes gum inflammation as well. Keep the dentures in water while they're out to prevent the plastic from warping.

Clean them daily with liquid dish soap and a stiff –bristled denture brush. Keep them over a sink or basin – a dropped denture may shatter. Avoid scrubbing them with toothpaste or abrasive denture cleansers; these will scuff the smooth finish and make them more prone to staining.

Coffee and smoke stains can be controlled with the following solution: (for plastic dentures only; it will corrode metal ones.)

Bleach.....1 tablespoon

Calgon dish detergent...2 tablespoons

Water.....1 cup

Soak dentures for 15 minutes daily. (any longer may bleach them)

Most important to success is patience and regular adjustments of minor annoyances before they grow into major problems. Please be sure to mention any troubles you are having, however trivial. The solution is sometimes surprisingly simple.