

WHAT TO EXPECT AND HOW TO CARE FOR YOUR NEW DENTURES

You are an individual

You have new dentures which will fit and feel different than the dentures you have been using. As you are adjusting to your new dentures, remember that no two people are the same. Therefore, do not compare your progress in adjusting to the new dentures with another person. What is annoying and painful to some will not be true for others. Some people have an easier time adjusting because they have larger, stronger bone to support their dentures. Disregard comments of others who may say "I never had a bit of trouble when I had my new dentures made." Many people tend to forget the problems they had adjusting.

Sore Areas with New Dentures

An appointment will be made for you 24 to 48 hours after insertion of your new dentures. Sore areas usually develop within this time period and it is important to find and adjust the cause of the sores. Do not attempt to adjust the dentures yourself because they can very easily be made worthless by a do-it-yourself adjustment. As patients use the dentures, they will settle on the soft tissues. This will necessitate additional adjustment appointments as the occurrence of new sores is certainly possible. If you find it necessary to remove your dentures because of excessive soreness, reinsert the dentures 24 hours preceding your appointment for the adjustment. This will make it possible to see the pressure areas on the tissues and pinpoint accurately where to adjust the dentures.

Speaking with New Dentures

Learning to talk with your dentures in place requires practice and perseverance. Reading aloud is a very helpful method of learning to pronounce words distinctly. Practice those words or sounds that seem to give you the most difficulty. It takes time for the tongue to learn the different positions necessary to make good speech sounds with dentures.

Chewing with New Dentures

Learning to chew with new dentures will probably take six to eight weeks. Patience is required to learn to eat with your dentures. At first, limit your diet to soft foods that are easy to chew. Gradually learn to eat foods that are more difficult. Take small bites and chew slowly. If possible, learn to chew on both sides of your dentures at the same time. The lower denture rarely has as good retention as the upper. Since the muscles of the cheeks, lips and tongue will tend to displace your dentures; do not develop the habit of displacing them with these muscles. Rather, train these muscles to assist in keeping your dentures in place.

When biting with dentures, place food between the teeth toward the corner of the mouth rather than between the front teeth. This will help to reduce the movement of the dentures on the ridges. If you have trouble keeping your lower denture in place during eating, it may be the result of poor tongue habits. The tongue should touch the inner surface of the lower denture to help stabilize it when eating.