



You and Your New Denture

Denture Care

1. Be patient while learning to use them, there is a big adjustment period.
* Remember Dentures are NOT natural teeth.
2. You may have a feeling of fullness, gagging and excessive saliva for the first few days... this will gradually disappear.
3. You may develop soreness and sore spots that may require multiple appointments to adjust. Call if you need us to adjust, do not force yourself to wear them.
4. Learning to speak with your dentures-Read aloud for 30 minutes a day for several days. You will need this in order to adjust your speech.
5. Use your back teeth for chewing. "Front teeth for view, back teeth for chew."
6. Eating - divide food in half. Place half on each side and chew on both sides at the same time. Start with softer foods.
7. Care of your dentures:
 - A. Before cleaning, fill the sink with water to prevent breakage.
 - B. Use denture-cleaning paste and brush them thoroughly.
 - C. Use a soft brush to brush the gums.
 - D. At night, take dentures out and store them in water or denture cleaner. This is important to give mouth and gums a chance to rest
 - E. Rinse out dentures and mouth after each meal, if possible.
8. IT IS EXTREMELY IMPORTANT TO HAVE YOUR DENTURES CHECKED FOR PROPER FIT, AND YOUR MOUTH CHECKED FOR CANCER ONCE A YEAR. EVERY 3 YEARS AN X-RAY OF THE JAWS IS RECOMMENDED BY THE AMERICAN CANCER SOCIETY.

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