

Your New Denture

We have done our best to provide you with the finest quality denture. Your continuing care and follow up can assure long term success.

Daily

You should take the denture out of your mouth every night and place it in a clean container of water, denture cleaning solution or mouthwash. Your gums need rest and to be without the denture every day for a period of time.

Cleaning Each Day

Clean your denture thoroughly with a brush & water before putting them back in your mouth. To prevent staining and bad breath, brush your denture at least two times per day. You can use toothpaste or a denture cleaning solution. When brushing your denture it is a good idea to put water in the sink and clean your denture over the water. That way if the denture should fall into the sink it will be less likely to break or chip. Remember to clean your tongue and soft tissue in your mouth with a regular toothbrush also.

Eating

Begin by eating a soft diet. Don't try eating steak, fresh apples, corn on the cob or similar foods. Gradually change from soft foods to harder varieties, but avoid sticky foods. It will take time for you to learn the best technique to chew.

Sore Spots

You will experience some discomfort with any new denture for a few days. All new dentures need several adjustments to completely and comfortably fit your mouth. Call our office to schedule an appointment for the necessary adjustments, DO NOT attempt to grind out or adjust them yourself.

Speech

No one can teach you how to wear your new denture. It may be difficult to talk normally with the new denture for a few days. Your mouth will seem full of saliva and your tongue may feel boxed in. Try reading a book or newspaper out loud for a period of time each day. Your tongue and muscles will get used to the new denture and you will talk normally very soon.

Adhesives

After a period of time, your denture will become loose (your mouth shrinks – the denture doesn't change). Denture adhesives will help keep the dentures in place and aid in eating. However, we suggest that you avoid over the counter "liners" as they can damage your denture. Having Dr. Domres or Dr. Hammer reline your denture will give you the best result. You will usually be without your denture for 1-2 days during the reline process. If you should break, chip or crack your denture, call our office to schedule an appointment for the repair.