



Living with Dentures

Making the Transition to Dentures

Dentures are a great option for those who are missing teeth because dentures can boost your confidence and improve your quality of life. However, as with any change, initially getting dentures may take some adjusting to as your body adapts.

Here are some tips to help make your transition to dentures easier:

- **Continue to wear your dentures** as your mouth adapts. See your dentist as needed for adjustments.
- **Practice eating.** Here are tips for eating with your new dentures:
 - Choose soft foods
 - Avoid hard or sticky foods
 - Cut food into small pieces
 - Bite carefully and chew slowly
 - Chew using both sides of your mouth
- **Practice talking.** Just like eating, speaking will also get easier with practice.
 - Tip: Read aloud to get used to talking with dentures and to get used to how they feel in your mouth.
- **Clean your dentures daily** with a denture cleanser and denture brush.
- **Take your dentures out at bedtime** to give your gums a rest while you sleep. Keep **away from pets!**

Common issues for new denture wearers

Some common issues may occur when you first start wearing your dentures. These are common and will most likely go away.

- Increased saliva
- Soreness of the mouth muscles or along the gums
- The sensation that your dentures are loose or too big – your tongue and mouth muscles will soon adjust and help keep your dentures in place.

As always, you can contact our office if you are uncomfortable or have questions about your new dentures. We will make an adjustments as needed to help with your comfort level.

If you're using a lot of denture adhesive, your dentures may need to be adjusted. Denture adhesives are a great way to help you get used to your new dentures, but avoid extended use. A loose-fitting denture can cause irritation, mouth sores, and infection, and a quick adjustment to your denture will likely fix the issue.

Living well with dentures

When you have dentures, oral care is still very important. Routine exams are recommended to maintain overall oral health. Here are some at-home tips:

- **Brush your gums, tongue and roof of your mouth** before you put in your dentures and before bed
- **Eat a balanced diet**
- **If you have remaining teeth**, you'll still need to follow your recommended hygiene schedule to help keep your teeth and gums healthy.
- **If you have no remaining teeth**, your dentist will need to routinely examine your gums and check the fit of your dentures. We recommend you complete an oral cancer exam once per year as well

Denture Care

As with natural teeth, taking daily care of your dentures is important. Here are some guidelines for how to care for and how to clean your dentures:

- **Clean your dentures after every meal** to remove food deposits and plaque. Take your denture out, rinse it off, and apply denture cleaner to your wet denture brush. Brush your denture gently and rinse it well.
- **Brush your gums, tongue and palate** morning and night.
- **Use a denture brush and denture cleaner.** You can also use a soft-bristled toothbrush. Do not use toothpaste or a hard-bristled toothbrush, as they can damage your denture.
- **Brush your dentures** over a basin full of water or a folded towel so they won't break if you drop them.
- **Store your dentures** in a denture cleansing soaking solution or water when you're not wearing them as dentures can lose shape if they dry out.
- **Keep your dentures** in a safe place when you're not wearing them.
- **Keep away from pets!**