



Congratulations on receiving your new dentures! To ensure a smooth transition and successful adaptation, please follow these instructions carefully.

*** These guidelines are essential not only for your first set of dentures but also each time you receive new ones. Each new set of dentures brings a fresh experience and requires some adjustment to use effectively.*

Initial Sensations

- **Feeling Loose:** Dentures may feel loose initially until you learn to keep them in place with the muscles of your cheeks and tongue.
- **Bulkiness:** Dentures might feel bulky, causing your tongue to feel crowded or a slight gagging sensation.
- **Soreness and Irritation:** Your mouth may feel sore or irritated, and your saliva flow may temporarily increase.
- **Adjustment Period:** These issues usually decrease within a few weeks as your oral tissues adjust. If irritation or excessive soreness persists, contact our office.

Appearance

- **Facial Expression:** Your facial expression may seem different at first. It will normalize as your cheeks and lips adapt to the dentures.
- **Improved Appearance:** Dentures can enhance your appearance by changing the shape of your face and reducing facial creases. The dentures will look straight, white, and healthy.

Eating

- **Soft Foods:** Start with soft foods, cut into small pieces. Chew slowly on both sides with your back teeth to keep your dentures from tipping.
- **Gradual Transition:** Gradually try coarser and harder foods until you can eat a normal diet.
- **Avoid Sticky and Hard Foods:** Avoid sticky or very hard foods until you have more experience with your dentures.
- **Front Teeth:** Do not use your front teeth for chewing; they are designed primarily for looks, not function. Using them to chew can dislodge your dentures. Ask us about dental implants for increased denture functionality.
- **Be Cautious:** Be cautious when eating hot foods or sharp bones, as dentures cover many mouth surfaces, making it harder to feel burns or sharp objects.



Speaking

- **Pronunciation:** Dentures may affect the way you pronounce certain words. Practice reading aloud to overcome speech difficulties.
- **Clicking:** If the dentures click together when you talk, speak more slowly.
- **Looseness:** Dentures may become loose when you laugh, cough, or smile. To reposition them, close your teeth together gently and swallow.

When to Wear Your Dentures

- **Daily Use:** Wear your dentures daily during waking hours as they are both cosmetic and functional replacements for your missing teeth.
- **Removing at Night:** Remove your dentures before bed to give your oral tissues a rest. Sleeping with your dentures in overtime will result in abnormal tissue growth.

Caring for Your Mouth

- **Oral Hygiene:** Brush your gums, tongue, and palate with a soft-bristled brush daily before inserting your dentures to remove plaque and stimulate circulation.
- **Regular Check-Ups:** Visit our office at least once a year for a complete oral examination, even if you no longer have natural teeth. We'll check your dentures, deep clean your denture in our ultra sonic cleaner, look for signs of oral cancer, and examine the health of your gums, bone, tongue, cheeks, jaw joints, etc.

Caring for Your Dentures

- **Daily Cleaning:** Clean plaque and food deposits from your dentures daily to maintain a healthy mouth and fresh breath. Do not use regular toothpaste to clean your dentures as it can be abrasive. Typically, dish soap is the best cleaning option. Consider using Polident cleaning tablets to give your dentures a clean refresh.
- **Handle Carefully:** Handle dentures carefully to avoid breaking them. Hold them over a towel or a sink half-filled with water when cleaning.
- **Keep Out of Reach:** Always keep your dentures out of reach of children and pets.
- **Brushing:** Rinse dentures before brushing to remove loose food particles. Use a moistened brush with denture cleaner to clean all surfaces thoroughly but carefully. Use a brush designed for dentures or a regular soft-bristled toothbrush.
- **Storing:** Place dentures in a container of denture-cleaning solution or water when not in use. Never use hot water, as it can warp the dentures.
- **Professional Adjustments:** Do not try to adjust or reline your dentures yourself. Contact our office for repairs if they break, crack, chip, or if a denture tooth becomes loose.



Denture Adhesives

- **Adhesive Use:** Dentures ideally require little or no adhesive, but stability and retention can be enhanced with a small quantity of adhesive.
- **Upper vs. Lower Dentures:** Some upper dentures do not require adhesive, while most lower dentures do, unless dental implants are being utilized.
- **Application Guidelines:** Use the minimum necessary adhesive for the maximum benefit. Apply the adhesive evenly on the tissue-bearing surface of the denture. Reapply as needed, always starting with a thoroughly clean denture.

Types of Adhesives

- **Paste:** Apply to a slightly wet denture, avoiding placement close to the denture borders. If adhesive oozes, use less product. For upper dentures, apply three short strips along the ridge area and one down the center. For lower dentures, apply three short strips in the center of the ridge area.
- **Powder:** Sprinkle a thin, uniform layer on the tissue-bearing surface of the denture. Shake off excess powder and press the denture into place. Powders may be preferred for their ease of cleaning and lack of tendency to "shim."
- **Sea-Bond:** Sea-Bond denture adhesive seals are another option for denture stabilization. They provide a cushiony, soft layer between your dentures and gums. To use Sea-Bond, trim the seal to fit your denture, moisten it, and place it on your clean, dry denture. Press firmly into place, then insert the denture into your mouth. Sea-Bond seals are easy to remove and clean, making them a convenient alternative to pastes and powders.

Avoid the Following:

- **Abrasive Materials:** Steer clear of stiff-bristled brushes, strong cleansers, and harsh toothpaste, as these can be abrasive and cause damage to your dentures.
- **Whitening Toothpastes:** Avoid toothpastes advertised as whitening pastes, which often contain peroxide, ineffective in changing the color of denture teeth.
- **Bleach-Containing Products:** Refrain from using bleaching products as they can weaken dentures and alter their color. Similarly, avoid soaking dentures with metal attachments in chlorine-containing solutions, as this can tarnish and corrode the metal.
- **Hot Water:** Do not use hot or boiling water as it may warp your dentures.



Long-Term Denture Success

- **Mouth Changes:** Your dentures will keep their shape, but your mouth will continue to change. Bone and gums can recede or shrink, causing dentures to feel loose.
- **Regular Check-Ups:** Prolonged use of ill-fitting dentures can irritate the gums, tongue, and cheeks, causing the mouth's ridges to shrink. Regular check-ups help us determine changes in your mouth and correct the fit of your dentures. Long term use of ill-fitting dentures may result in irreversible changes to your tissue.
- **Positive Attitude:** Your success in wearing dentures depends on you. With a positive attitude, persistence, and regular professional care, you can wear dentures successfully.

Contact Us

If you have any additional questions or concerns, consult with your dentist for personalized guidance. At Parkside Dental, we're here to support your informed decisions and provide answers to all your questions. Contact us at 605-498-4746 today.