



About Your New Denture or Partial

- Dentures are, at *best*, a satisfactory replacement for natural teeth. **They will never function as well as your natural teeth.**
- While some people get used to dentures immediately, most people take several weeks (or even months) to fully get used to them.
- Most dentures usually require some adjustments in order to feel comfortable. **This is normal and expected.** Appointments for comfort adjustments are usually brief and can easily fit into the doctor's schedule, so do not hesitate to call if you are having any discomfort.

What to Expect

- At first, your mouth will feel very wet and full of saliva. Saliva levels will usually return to normal in about 2 weeks. Your lips can also become dry which is easily alleviated with lip balm.
- Sometimes your speech can be affected with new dentures. Try reading aloud to yourself and speaking in the mirror to get yourself acclimated to speaking with dentures.
- The amount and texture of foods you can chew is greatly affected when wearing dentures as opposed to natural teeth. It is important to start with a softer diet that is easy to chew until you become comfortable and confident to eat other foods.
- After eating, the denture should be removed, and rinsed with water before wearing again. It is important to remove any debris left behind from eating.

Denture Care

- Dentures should *never* be worn while sleeping. Remove them at night, and place them in a cup of water or denture bath.
- *Never* soak or clean your dentures with household cleaning agents. Use soaking solutions sold at drug stores such as Polident and Efferdent unless otherwise directed by your Doctor. Follow manufacturer's instructions.
- Dentures should be removed from mouth, and brushed everyday on all plastic or metal surfaces
- Do not use toothpaste when brushing dentures. Use the diluted cleaning solution. Toothpaste is too abrasive and can cause microscopic scratches that harbor bacteria.
- You may also use a denture adhesive for added retention of your denture. Products such as Fixodent or PolyGrip may be used as needed. Make sure to follow directions on the package.