



Denture Wearer Checklist

Congratulations on your new dentures. This checklist will help you adjust to your new dentures. Adjustment can be anywhere between a few weeks to few months depending on the type of denture you receive as well as your dental history and other factors. Even long-term denture wearers will undergo adjustment period with a new set of dentures. Please remember that dentures are not permanent. Changes continue to occur in the bone and soft tissues of your mouth. Periodically, your dentures will require adjustments and relines to ensure a long service life and comfort. If you have any questions about your new dentures please call our office. We'd be happy to help.

YOUR INITIAL ADJUSTMENT PERIOD:

- Leave dentures in for the first 24-hour period – you will be scheduled for a 24-hour post-insertion appointment.
- Feeling of fullness and increased salivation will decrease with time.
- Sucking on a piece of hard sugar-free candy may help ease up gagging sensation.
- Expect sore spots to develop during this initial adjustment period. If you have a sore spot, call our office to schedule an adjustment.

EATING WITH YOUR NEW DENTURES:

- Learning to eat with dentures takes time. Eating with dentures will never be as easy and efficient as eating with natural teeth. Be patient.
- Cut up food into small bite-sized pieces.
- Chewing food on both sides of your mouth may be helpful.
- Biting foods with your front teeth will tend to dislodge dentures.
- Avoid sticky foods.

TALKING WITH YOUR NEW DENTURES:

- Adjusting takes time – read out loud to speed up the process.
- Muscles will need to be re-educated so they will retain the denture.
- The feeling of crowding of the tongue will decrease overtime.

CLEANING YOUR MOUTH AND YOUR DENTURE:

- Cleanse and massage your gums daily with a very soft toothbrush.
- Brush dentures with a soft toothbrush and ordinary facial soap daily. Avoid harsh abrasive cleaning solutions or bleach.
- Never use toothpaste to brush your dentures – it is too abrasive.
- Soak dentures overnight in a commercial denture soaking solution.

DENTURE DO'S AND DON'TS:

- Do leave your dentures out at night while you sleep.
- Don't use denture adhesive unless advised by your dentist.
- Don't attempt to adjust, repair or re-fit your denture yourself.
- Do come in for your regular check up