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What to expect with Dentures and Partial Dentures

- In the beginning, your new denture may feel awkward or bulky. This is normal, and you will eventually become accustomed to wearing it.
- Inserting and removing the denture will require some practice.
- Dr. Patel will instruct you how long the denture should be worn and when it should be removed. A general rule is to wear the denture during the day and to remove the denture at night before bed so your gum tissue has time to adequately heal.
- Initially, you will be asked to wear your denture all the time. We understand this might be uncomfortable, but it's the fastest way to identify areas that may need adjustment.
- If the denture puts too much pressure on a particular area, that spot will become sore. Dr. Patel will adjust this area to fit more comfortably. After making adjustments, Dr. Patel recommends that you take the denture out of your mouth before going to bed and replace it in the morning.
- In time, eating should become a more pleasant experience with dentures. Start out by eating soft foods that are cut into small pieces. Chew on both sides of the mouth to keep even pressure on the denture. Avoid foods that are extremely sticky or hard. You may want to avoid chewing gum during the adjustment period.
- Dentures can also help improve your speech. If you find it difficult to pronounce certain words, practice reading out loud. Repeat the words that give you trouble. With time, you will become accustomed to speaking properly with your dentures.

Caring for your dentures

- When cleaning a denture, it's a good idea to stand over a folded towel or a sink of water just in case you accidentally drop the denture.
- Do not use toothpaste since it can be too harsh for cleaning dentures.
- We recommend using an over the counter brand denture cleaner (Efferdent or Polident tablets) for cleaning your dentures. Most household cleaners are too abrasive and should not be used for cleaning dentures.

- Brush the denture each day to remove food deposits and plaque. This will help the denture from becoming permanently stained.
- It's best to use a brush that is designed for cleaning dentures because it has bristles that are arranged to fit the shape of the denture. A regular, soft-bristled toothbrush is also acceptable.
- Clean your dentures by thoroughly rinsing off loose food particles. Moisten the brush and apply the denture cleaner. Brush all denture surfaces gently to avoid damaging the plastic or bending the attachments.
- A denture could lose its proper shape if it is not kept moist. We recommend soaking your dentures in water or denture effervescent solution.
- Always thoroughly rinse the denture before placing it in your mouth.

Adjustments

Over time, adjusting the denture may be necessary. As you age, your mouth naturally changes, which can affect the fit of the denture. Your bone and gum ridges can recede or shrink, resulting in a poorly fitting denture.

Dentures that do not fit properly should be adjusted by a dentist. Poorly fitting dentures can cause various problems, including sores or infections. See Dr. Patel promptly if your denture becomes loose, and maintain your regular visits for proper maintenance.