

New Denture information

Your new dentures have been made to fit your mouth but their success depends on how well you adapt to them:

What to expect from your new dentures

- If you have never worn dentures before they will feel very strange and you may wish to wear them for just a short time for the first few days. Even if you have worn dentures before, a new set can take a while to get use to.
- Patients who wear dentures talk about them taking a while to “bed-in” almost like breaking in a pair of new shoes.
- Although dentures look like natural teeth they will never function in the same way. This may mean certain lifestyle factors, including your food and drink choices, will need to change to accommodate the new dentures.

Getting used to your new dentures

For the first few weeks your new dentures may feel bulky and loose while the muscles of your cheeks and tongue learn to keep them in place. Over time this will become familiar. You may need to practice inserting and removing the dentures.

- **Discomfort-** adapting to new dentures can take time, you may experience sore spots for 24-48 hours after initial wear. This is common, and at your review appointment your dentist can improve the fit which should help. The sore spots may take up to a week to fully heal.
 - > If soreness develops, which is minor, you should continue wearing the denture until your review appointment.
 - > If discomfort is extensive, remove your dentures and replace with your old dentures (if available). But you will need to wear your dentures a few hours before your review appointment so your dentist can make relevant adjustments.
- **Eating with your new dentures-** start with soft foods (i.e. scrambled egg, mashed potato, soup, yoghurt, bananas) and gradually progress to more solid food. You may need to cut your food into small portions and chew using both sides of your mouth to prevent the denture from tipping. Avoid biting on your front teeth (i.e. into an apple) or very fibrous food (i.e. steak) as this will cause tipping at the back of the dentures.
- **Speaking with your new dentures-** it is normal for your speech to be altered initially and pronouncing certain words will require practice. You might notice a lisp and have some difficulty controlling your dentures when talking at first. Within three weeks you will find your speech beginning to return to normal.
- **Excess salivation-** following use of your new dentures you may experience excess salivation for a few days as your mouth adjusts to the new dentures.

When to remove and clean your dentures

- You should remove your dentures after eating and rinse with water.
- You should clean all dentures in the morning and at night.
- Please remove your dentures at night when sleeping, this promotes oral health and allows the gums to rest.