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## **DENTURE HOME CARE INSTRUCTIONS**

Congratulations on the placement of your new dentures. Following are some tips and information which will be helpful to you as you adjust your new teeth. Please keep in mind, that as effective as they are, full dentures cannot be expected to function identically to healthy, natural teeth.

## **ADJUSTING TO YOUR NEW DENTURES**

The success of the transition to dentures depends almost as much on the patient as it does on the skill and knowledge of the dentist. A period of emotional and physical adjustment usually occurs as the individual learns to care for and use his/her new dentures and you may require 4 to 6 weeks to feel comfortable.

During the first month remove your dentures from your mouth only to clean them. After this initial adjustment period your dentures may be left out at night. As you begin to wear your new denture you may find that for your own sense of security and comfort you prefer to use a little adhesive. Extra strength Poli-grip is a good adhesive to use and will help you to feel confident and secure with the denture during this adjustment period.

It is not uncommon to experience some discomfort as your mouth adjusts to your new dentures. If a sore spot does develop, remove the denture and rinse with 1 teaspoon of salt in 8 ounces of warm water or we also recommend Vince, a mouth rinse made by Lactona. The more frequently this is repeated throughout the day the quicker the healing will occur. If soreness is persistent and remains after 4 days, please contact the office.

## **SPEAKING**

Some people may experience difficulty in speaking clearly after the placement of a new denture. A lisp is not uncommon and this will go away when the facial muscles and tongue adapt to the new denture. Practice talking or reading in front a mirror. This will help you make the adjustment.

## **EATING WITH YOUR DENTURES**

Perhaps the greatest challenge you will face with your new dentures is learning how to eat. It has been shown that eating with dentures is at best only 25% as effective as eating with natural teeth.

New eating skills must be developed and will require a great deal of effort and patience on your part. Some people learn how to eat in a matter of weeks; others may have to allow six months to a year to develop the skills necessary to eat. It is important to realize that the responsibility of learning to eat with dentures is a difficult one and it rests entirely with you.

After receiving your denture, it is advisable to plan a soft diet the first several weeks until you feel comfortable enough to tackle firmer foods. Recommended soft foods include well cooked cereal, boiled eggs, and very tender or ground meats.

When eating with dentures, it is best to avoid foods which need incising. The front teeth are placed in the denture for appearance only and should not be used for biting. Tearing or biting food off with the front teeth tends to unseat dentures. Instead, cut apples into small pieces with a knife and fork, cut corn off the cob with a knife and chew these foods with your back teeth.

Food chewed on one side may cause a denture to “tip” and become unseated. Divide food in the mouth so that there is food on both sides. Then attempt to chew with a straight up and down motion. This will help prevent the dentures from becoming dislodged and from sliding. When selecting sandwiches, avoid sticky (peanut butter) or hard to chew (hard salami) ingredients. Also, cut the sandwich into smaller pieces than usual.

### **SELECTING FOODS**

Denture wearers must give special consideration to certain types of foods. Remember that you will no longer be able to tear lettuce with your front teeth so you will probably want to remove it from a sandwich in order to avoid difficulty.

Raw vegetables, fibrous meats and sticky or doughy foods should be avoided. Vegetables should be cooked. Celery stalks and large pieces of raw carrots are difficult to chew. Chopped or shredded vegetables and fruit may be added to gelatin or jell-o for easier chewing. Doughy foods, such as breads will stick to dentures and should be toasted and/or eaten in conjunction with liquid.

### **PATIENCE IS IMPORTANT**

Extra chewing is required with dentures. In fact, the number of chews needed to prepare equal portions of food for swallowing has been estimated as double that required with natural teeth. Therefore, take small bites and chew each bite thoroughly. Do not try to pull or break off food with artificial teeth.

### **MOUTH CARE**

You should learn to sleep with your dentures out after the initial period of oral musculature adjustment. Before going to bed, brush your gums with a soft nylon toothbrush. This stimulates blood flow and helps to keep your oral tissue healthy. Yearly examinations should be scheduled so that a proper fit is maintained.

### **MUSCLE ADAPTAION**

The facial muscles will at first feel tense and your mouth full. This adjustment requires approximately 4 weeks. The tongue, a very active oral muscle, presents the greatest problem during this period.

### **DENTURE CARE**

Whenever your dentures are out of your mouth, place them in a cup of water. This is recommended because of the physical properties of the materials from which they were made. Cleaning solutions, tablets and powders are available commercially such as Polident and Efferdent.

We suggest a different solution:

1 Tablespoon of Clorox

1 teaspoon of Calgon

4 ounces of water

After soaking in this solution the denture should be rinsed with lemon juice or a commercial cleanser to prevent a Clorox taste. However, commercial denture cleaners should be only used on cast-metal partials.

**Dentures with a resilient liner should be cleansed by using the product SUPER WERNETS POWDER, available at your local CVS pharmacy. Another cleaning method is to use Polident denture cleanser. Soaking the denture for 10 minutes is usually adequate. Do not soak your denture overnight in Polident. Rinsing the denture after every meal is also helpful in keeping them clean.**