

The New Denture Experience Post-Operative Instructions

It takes time to become acclimated to new dentures. It will take time, adjustment and patience to learn to use this great, new tool.

- **The first couple of weeks will require that you eat soft foods.** Over time, you may start trying to add more solid foods to your diet. The keys are to cut your food into small bites and place even amounts of food on both sides during chewing. This makes the dentures more stable. Remember to slow down when eating and you will learn the tricks to master your new dentures more rapidly.
- **It is perfectly normal to experience some discomfort associated with sore spots during your adjustment period.** Think about it. Your soft gums were never intended to have hard plastic pushed and rubbed against them. Adjustments and toughening of the gums tissues will be necessary before comfort can be achieved.
- **Do not attempt to adjust your new dentures yourself.** If an ulcer forms or the dentures stay very sore for a couple of days, we want you to return to our office with the dentures in your mouth so we can find the problem and make the necessary adjustments.
- **Talking may be difficult initially too.** It may seem as if you have a mouth-full of saliva and your tongue may seem boxed-in. You may have some difficulty with specific sounds. Give this some time and you will overcome these obstacles. Reading aloud is always helpful to improve the phonetics of speaking with your new dentures.
- **Dentures need to be kept clean.** They should be brushed twice a day with a denture toothbrush. This will keep your dentures from staining and your breath fresh. Don't forget to clean your gums and tongue to prevent build-up of bacteria and bad breath. At night, we recommend taking your dentures out. This allows the tissue to breathe and removes the tremendous pressure that is placed on the gums all day long. Dentures should be kept in water when out of your mouth to prevent warpage.
- **Remember that the gum tissue is in a constant state of change, but dentures are not. Over time, your dentures may loosen and need to be professionally relined. If you have other questions, please don't hesitate to call the office for advice.**