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GUIDE for NEW DENTURE WEARERS

Congratulations on your new set of teeth!

We have designed and fabricated your denture paying a lot of attention to your concerns and present oral (mouth) condition, so that maximum function and aesthetics (looks) is restored. Remember! Your dentures are not and will not be the same as your natural teeth. With a little bit of patience, co-operation and practise, you will be able to function comfortably with your dentures.

1. Adaptation period

- a) Your current oral (mouth) condition is unique. Your previous experience with dentures or the experience of other denture patients occurred under different circumstances and should therefore not be compared.
- b) Your dentures will 'settle' in a month's time. Please be patient and follow all instructions meticulously during this period to see good results.
- c) The length of time it will take to adapt to your new complete dentures is modified by the oral conditions, age and your acceptance of the new dentures.
- d) Some patients experience abundance of saliva which is stimulated by the presence of the new dentures. Soon the salivary glands will adjust to the presence of the dentures and resume their normal production. Until then, you should simply swallow more frequently
- e) During this adaption period you may experience:
 - i. Sore spots
 - ii. Difficulty in eating and speaking
 - iii. Looseness or tilting of denture
 - iv. Cheek/lip biting
 - v. Frustration

2. Eating with complete dentures

- a) Balancing and looseness of dentures could be a concern initially, as it would interfere with comfortable eating. However, with practise, you will adapt very well to them.
- b) Go slow and steady with your diet:

- i. Day 1 and Day 2: Do not use the dentures for eating. As your dentures are new and are getting adapted to the oral (mouth) conditions, forces applied during chewing could disturb the 'settling'.
- ii. Week 1: Limit your diet to soft, boiled food. Trying to eat hard or chewy food the first week can be difficult and cause sore spots and blisters.
- iii. As you learn to use them, you can gradually increase the hardness of the food you eat. Biting very hard food could always be a concern.
- iv. Biting with your front teeth will always cause the dentures to dislodge. Try to use your back teeth and bite food off using the corners of your mouth.
- v. Excessive opening of the mouth will cause the denture to dislodge. Limit yawning with your palm placed against your chin, eat smaller bites of food, always sip fluids or drink with a straw.
- vi. It is advisable to avoid very hot and very cold beverages with the dentures.
- vii. Place one piece of food on both sides of your mouth before chewing. Chewing food on both sides of your mouth at the same time reduces tilting and dislodgement.

3. Speaking

It is common to experience changes in speech. Do not be overly conscious of the denture. Practise reading and talking aloud in front of the mirror or with family.

4. Adjustment and follow-up appointments

- a) All new dentures require some adjustment. Adjustments for sore spots and other changes will be made at scheduled adjustment appointments.
- b) During the process of adjustment, if sore spots or blisters are unbearable/ visible- please discontinue the denture and call/ visit us.

5. Care of your tissue

- a) Remove your dentures every night. This allows your gums to heal and recover from wearing the dentures.
- b) Dentures may get dislodged in your sleep and may prove dangerous. As a safety measure, please remove the denture whenever you go to sleep.
- c) Massaging the gums with your clean finger will keep them firm and resistant to denture irritation.
- d) Unhealthy gums could deteriorate the stability and fit of your denture.

6. Insertion and Removal

If you are new to dentures, it may take a while to adapt to inserting and removing your dentures. With practise, you will be able to do the same with ease.

- 1 The lower denture should be inserted first, followed by the upper denture.
- 2 Once inserted, hold the denture in place until its set comfortably in the mouth to avoid embarrassing dislodgements (removal) during the day.

7. Care of your new dentures

- a) Remove and rinse your dentures after every meal. Then rinse your mouth and replace the dentures.
- b) Remember to rinse after Tea/ Coffee and other coloured drinks.
- c) At least once a day:
 - i. Use a toothbrush to scrub the teeth and outside surface of dentures clean.
 - ii. Apply a small amount of regular mild hand/body soap/toothpaste while brushing under water. This will remove debris and odor causing bacteria.
 - iii. Wet dentures are slippery. Be careful not to drop your dentures. Dentures dropped onto a hard surface may result in fracture.
- d) When removing dentures at night:
 - i. Keep them wet by soaking CLEAN dentures in water at room temperature. Never use hot/ warm water to clean or soak the dentures. Replace the water every day.
 - ii. If and as instructed- use denture cleansing tablets/ powder once a week.

8. Yearly dental visits

- a) All complete denture wearers should visit their dentist once a year to help maintain their oral health.
- b) Over time, the supporting gum tissues and bone will shrink due to age and hormonal changes resulting in looseness and ill fit of the dentures. To an extent, the fit can be corrected. Beyond a point, the dentures will have to be replaced. Continuing to wear ill fitting dentures can be detrimental to your oral condition.
- c) Dentures may chip/ wear with time.

For any further help you may contact us on the phone numbers given below

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