



Cornerstone Dental Group

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Complete Denture(s)

Introduction

Now that you have received your new denture(s), what can you expect? Your mouth is an ever-changing soft environment, and your dentures are relatively hard and unyielding. Consequently, a short period of adapting to them is usual. Here are some suggestions to function comfortably and keep your mouth healthy.

Eating

Eating food as you did with your natural teeth will take some time. DO NOT eat with them until they are comfortable when you are just swallowing and talking. When you do start to eat, begin with small amounts of soft food; eating with food on both sides of your mouth may also be helpful. As you gain confidence, you can advance into a more extensive diet. Remember that your food will require more preparation now with your knife and fork before chewing.

Cleaning

As you will notice, the dentures cover areas of your mouth that are not normally covered. This can alter the tissues lining your mouth unless you take steps to stimulate these tissues. Keep your mouth and the dentures meticulously clean. Leave your dentures out overnight; remember you don't sleep with your shoes on! After eating, wash the dentures with soap and water; scrub all surfaces with a soft hand brush or a specially designed denture toothbrush. Avoid very hot water and abrasives, which will remove the polish of the dentures and allow stains to collect more readily. Commercial toothpaste is also good to clean with. Soaking them in a denture-cleaning solution may also be helpful. An effective cleansing solution is 1 part bleach in 3 parts of water. Do not, however, leave them in this solution for more than 10 minutes. Your dentures should be kept in water to avoid distortion or drying when not in your mouth. To clean and stimulate your mouth, use a toothbrush at least once daily on all tissues covered by your dentures. As with natural teeth, a plaque-like substance forms on your dentures and can cause damage to your mouth if it is not removed at least once a day by brushing.

Maintaining The Fit

As we mentioned, your mouth is an ever-changing environment; unfortunately, dentures that will follow these changes cannot be made. Consequently, with the changing shape of your mouth and gums, your dentures will need alterations from time to time to maintain the fit. It would be best to have the fit and bite checked at least every six months because frequently, the changes occur so slowly that you are unaware of the developing problems. A well-fitting denture can be an asset to your health! Minor bite alterations and relining will be necessary to prolong their useful life.

Never attempt to adjust them yourself.

Problems

Saliva: If you have never had any prosthesis in your mouth before, then when you wear your new dentures for the first time, there will be an increase in the amount of saliva. This is a natural response and should return to normal in about 6-8 weeks. In any case, it is always better to have an abundance of saliva than the opposite.

Sore Spots: These minor irritations are very common with new dentures or dentures which have recently been relined. Be patient – adjustments to the fit and bite are to be expected. When a sore spot occurs, leave the dentures out of your mouth and put them back into your mouth 3 hours before you return for an adjustment. By wearing the denture before your appointment, you can show us the cause of the problem more accurately. Please do not attempt to adjust the denture yourself.

Gagging: This is rarely a problem; it frequently passes quickly if it occurs. If the issue persists, don't hesitate to contact the office.

Talking: You will probably notice awkwardness initially, especially with certain words. With practice, you will quickly adapt. Reading aloud to yourself can speed up this adaptation.

Finally

Have your mouth checked twice a year. We will place your name on our recare schedule, so you should hear from us in about six months. If you do not hear from us, please phone; it is very important for your health that you do not allow changes to occur unnoticed. Remember, health is easy to maintain but difficult to restore.

Thank you, and if there are any questions or concerns, please don't hesitate to contact the office.