

SIGNATURE DENTAL
Family Dentistry

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COMPLETE DENTURES

We have done our best to provide you with a well-fitted, functional, and aesthetically pleasing denture(s). A short period to adapt to them is normal. To function comfortably and to keep your mouth healthy, here are some suggestions:

- 1) YOUR FIRST FEW WEEKS:** New dentures always feel strange when first placed in your mouth. It can take several weeks to months to be fully accustomed to eating and talking with them.
- 2) SORE SPOTS:** Your mouth will most likely have a few sore spots about 24 hours after you first put the new dentures in. These irritations are common and the fit and bite may need frequent adjustments until your tissue adapts and the dentures have 'settled' into place. When a sore spot occurs, leave the dentures out of your mouth but put them back into your mouth at least 6 hours before you come back. This will help pinpoint the sore spots because the tissue will be red in the area.
- 3) EATING:** You may have to alter some eating habits with your new dentures. Begin with soft foods cut into small pieces then eventually work up to harder foods and larger pieces.
- 4) CLEANING:** It is best to leave your dentures out at night. Keep them in a glass of water to prevent distortion of the acrylic resin. You can brush your dentures with a denture brush and toothpaste or soak them in a denture bath such as 'Polident'. Avoid abrasives--these will remove the polish and allow stains to collect more readily. Always clean them over a sink in case you drop them. Brush your gums to toughen and clean them.
- 5) SPEECH:** Your tongue and lips will feel awkward and unfamiliar with the denture at first, especially with certain words. There will be an increase in saliva at first but this will return to normal within 6-8 weeks. Gagging can also occur but will pass quite quickly.
- 6) FUTURE ADJUSTMENTS:** Your mouth is an ever-changing soft environment and your dentures are relatively hard and unyielding. As time passes your mouth will undergo changes (the bone and gums can shrink), and this will alter the fit of your dentures. Therefore, we strongly recommend that your mouth be examined at least twice a year to monitor these changes and we can adjust your dentures as needed. **Do not** adjust the dentures yourself.