

Information About Your New Complete Dentures

We have done our best to provide you with well-fitted, functional, and esthetically pleasing dentures. We feel confident that after a few weeks of becoming adjusted to the new dentures, you will have years of satisfaction and use from them. The following information will be helpful for you at this time:

- 1. The First Few Weeks:** New dentures always feel strange when first placed in your mouth. Several days or weeks will be required for you to feel accustomed to them.
- 2. Sore Spots:** Usually, your mouth will have a few “sore spots,” after wearing the dentures for the first day. These sore areas can be eliminated in a few appointments. Using a product called Orajel with benzocaine on these spots will provide some relief until the sore spots can be eliminated.
- 3. Chewing:** The new bite may not feel completely comfortable for a period of days. We may adjust the contacting surfaces of your teeth after the dentures have “settled” into place.
- 4. Upper vs. Lower Dentures:** Your upper denture should rest comfortably in place with moderate “suction.” Although no suction can be expected to hold a lower denture in place, your tongue and cheek muscles will “learn” to hold it in place. You may use denture adhesives sparingly if you have trouble keeping the dentures in place.
- 5. Cleaning the Dentures and Your Mouth:** Your dentures can be cleaned by using a soft bristle toothbrush and mild toothpaste such as Arm & Hammer PeroxiCare or Oxyfresh Low-Abrasion Toothpaste. Denture soaks are also useful for the denture. Brush your gums with a regular toothbrush once per day to toughen and clean them. Please leave your dentures out at night to allow the tissues to “breathe”. You may leave them soaking in a denture soak or keep them out dry. Denture soaks (Polident, Efferdent) are also useful to dissolve debris from the denture.
- 6. The Future:** Your jaw bones and gums shrink up to 1/32 of an inch per year after your teeth are extracted. This shrinkage is one of the main disadvantages of artificial dentures. Because of this shrinkage, you should plan to have your dentures and oral tissues evaluated once per year by us. We will inform you when relining or remaking of the dentures is necessary. Wearing ill-fitting dentures for too long without refitting can cause severe bone loss and serious oral diseases.

We look forward to helping you enjoy your new dentures!



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