

LIVING WITH DENTURES

Comfort and Adaption

Even if you have worn dentures before, your new dentures may feel uncomfortable at first. Your mouth needs time to adapt to them.

Eating with Dentures

Learning to eat with dentures takes practice and time. After the first few days of eating soft foods, you will want to eat a wider range of foods. Cut food into small pieces, take small mouthfuls, and chew slowly. This helps to keep the dentures in place.

Avoid biting with the front teeth because this can cause the dentures to tip and may place excess pressure on the gums. Instead, bite with the canine teeth, the pointed teeth next to the front teeth.

Until you get used to sensing the temperature of hot food, treat hot food with caution. Avoid sticky food (such as toffee and lollies) and sharp or hard food, such as nuts and raw carrots.

As you gain confidence with your dentures, widen your diet to ensure healthy nutrition.

Speech

After the first week or two, most people find that dentures do not interfere significantly with dentures. Sometime certain words may be difficult to pronounce at first. It may help to practice the pronunciation of words by reading a book aloud.

If your dentures “click” when you talk, try to speak more slowly. If your denture slips when you speak, bite down gently to reposition it and swallow. Your tongue and cheek muscles will soon learn to keep it in place.

Denture Adhesive

Denture adhesive can give you added confidence by helping to keep your denture in place.

Soreness

Soreness with new dentures isn't uncommon. Your denture may require an adjustment. If the soreness worsens, remove the denture for as much as possible.

Prior to your dental appointment, wear the dentures for several hours. This will help to determine where the adjustment is needed.

Denture Adjustments

Dentures may feel loose and awkward and you may require the fit adjusted. This is done by placing an inner lining in the denture. Several adjustments may be required before the final fit is satisfactory for the longer term.

Protect Against Breakages

Dentures are delicate and break easily. When cleaning your dentures, hold over a towel or a basin of water, to cushion the fall if you drop it. If you break your denture please contact us. **Do not** glue parts back together as the glue can permanently damage, or even ruin, the denture.

Cleaning Your Dentures

Clean your dentures after each meal or at least twice a day. Remove them, and rinse away food particles with cold water. **Do not** use hot water because your denture will warp.

Brush both the inside and outside surface of your dentures with a soft toothbrush and unperfumed, mild soap. Toothpastes are too abrasive.

Make sure you wear your glasses (if required) while cleaning so you can make sure all the debris has been removed.



Oral Hygiene

Maintaining good oral hygiene of your soft tissues is critical. This is best done with a wet towelling cloth, face washer or similar.

Simply rub the gum tissue over which the denture fits, and also rub the top of the tongue.

Storing of Dentures

Dentures can become warped if they dry out or are placed in hot water. When you are not wearing them, your dentures should always be kept in water (not hot) or in a denture solution.

Overnight Care

Dentures should be removed prior to going to bed; this allows the gum tissue a chance to rest. This will also prevent the grinding and clenching of the dentures, which will increase wear on your denture and other complications.

Check-ups

Regular dental check-ups are a must for all denture wearers. The dentist will examine your mouth to make sure your denture fits well as loose dentures can cause irritation and ulcers. A soft tissue examination for oral cancer screening will also be performed at this appointment. Over time, dentures need to be remade due to normal wear.

Possible Complications with Dentures

- Even the best fitting denture can feel awkward at first. For some people, several months or more may need to pass before a denture feels comfortable.
- If you wear both upper and lower dentures, more time is needed to become accustomed to the lower denture.
- Some people require several months before speech returns to normal.
- The denture may need to be relined or remade due to gum shrinkage.
- There may be a change in facial shape due to the missing teeth being replaced by a denture.
- The flow of saliva may increase; this is usually temporary.
- Dentures cannot perfectly reproduce your natural teeth.
- It is not uncommon to become discouraged for a while when getting used to the feel and appearance of a denture.
- As the shapes of gums and underlying jawbone change, and dentures wear out, they may need to be relined or remade.
- If dentures are not removed every day and cleaned properly, a fungal infection can develop in the gums.
- Always keep your dentures out of reach from children and pets; kids love to play with them and dogs love to chew them up.

Immediate Dentures

Following extractions, rapid changes in the gums take place as the gum tissue and jawbone heal to form a firm base for the denture.

During the healing process, you may require small adjustments.

The gums and jawbone take about 3 months to heal completely. During healing, the gums shrink and the fit of the denture becomes loose. It then needs relining or possibly remaking.

Important Points

- While the local anaesthetic is still effective in the hours after extraction, be careful that you don't bite your tongue, lips or cheek.
- Do not drink hot fluids for at least 4 hours after the extractions.
- Do not remove your denture for 24 hours.
- If bleeding occurs, bite firmly on a clean handkerchief or gauze pad for 20 minutes. This will help to stop the bleeding.
- Eat soft foods.
- If the denture becomes loose, put it back into place immediately. Keep pressing it into place with your tongue.
- 5 hours after the extractions, rinse your mouth gently, leaving the dentures in. Use a mouthwash of salt and lukewarm water (one-half teaspoon of salt in a glass of water). For the next few days, rinse regularly and gently with the salt water.
- 24 hours after extractions remove your denture (over a sink filled with water in case you drop your denture), clean your denture inside and outside, rinse your mouth with warm salt water and replace your denture.
- Do not smoke for at least 48 hours because it impairs healing.
- If you have severe pain or difficulty, please contact us on 8244 3677.