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## Care of Full or Partial Dentures

### Temporary Problems

Sore spots may develop after wearing your new denture. (Your dentist can adjust the denture to relieve the soreness.) Please contact us as soon as you can for treatment. Wear your denture for several hours before an adjustment appointment.

When you first begin to wear your dentures, they may feel loose and tip when you chew. It is normal for some food debris to collect under dentures. Your new dentures may seem bulky, your tongue may feel crowded and you may experience an increase in salivary flow. All these sensations will disappear as you become accustomed to your teeth. You will need to learn to keep your dentures, especially the lower one, in place with the muscles of your cheeks and tongue. The quickest way to become confident and comfortable is to wear your dentures routinely and develop a positive attitude.

### Eating

While you are learning to eat with your new dentures, you should select soft foods. Take small bites, chew slowly straight up and down, and try to chew on both sides of your mouth at the same time. Avoid sticky or very hard foods initially. It may take 2-3 months for you to become accustomed to eating with your new dentures.

### Speaking

Reading aloud will soon help you to talk better with your dentures. If the teeth click together while you are talking, practice speaking more slowly.

### Cleaning

Dentures, like natural teeth, must be kept clean to avoid permanent staining and bad breath. Once a day, all the surfaces of your dentures should be thoroughly but gently brushed with a dentifrice. Always clean dentures over a basin partially filled with water to help prevent breakage in case you accidentally drop them. Brush your gums with a toothbrush and toothpaste prior to going to bed. Leave your dentures out at night to give the gums a chance to rest. Always store your dentures in water or denture cleaning solution to prevent distortion or warping.

### Adjustments

**DO NOT ADJUST THEM YOURSELF!** Do-it-yourself reline kits and home adjustments can cause irritation to the gums and other tissues of the mouth. Constant irritation can lead to open sores and possibly contribute to the development of oral cancer.

If your dentures do not seem to fit right or have been damaged, you should see us as soon as possible. It is a good idea to return for an oral cancer examination at least once a year. Mouth changes do occur and adjustments will be needed from time to time.

**If any unusual symptoms occur or if you have any questions regarding your denture care, please call the office at (701) 280-1941.**