

Stillwater Family Dental
(651) 351-0890

Information about Your New Complete Dentures

We have done our best to provide you with well-fitted, functional, and esthetic 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 to you:

1. **Your First Few Weeks:** New dentures always feel strange when first placed in your mouth. Several days or even a few 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 24 hours. Don't worry about these areas. They can be relieved with very little effort during your appointment. Another appointment about 7 days later will usually eliminate any other sore areas.
3. **Chewing:** The new bite or occlusion will feel completely comfortable for a period of days. We will adjust the contacting surfaces of your teeth after 24 hours, and then again one week after the denture has settled into place.
4. **Speaking:** Learning to talk with your dentures in place requires practice and perseverance. Practice reading aloud and concentrate on words that are difficult to read.
5. **Upper vs. Lower Dentures:** Your upper denture will rest comfortably in place with moderate to strong "suction". Although your lower denture will have good stability, it is infrequent that "suction" can be expected on a lower denture. However, we suggest you avoid denture adhesives unless you have significant difficulty, because they alter the fit of the denture over a period of time.
6. **Cleaning The Dentures And Your Mouth:** Your dentures can be cleaned easily by using a denture brush and either dish soap, or a regular hand soap. Rinse Well. When cleaning dentures, place a little water in the bottom of the sink. This protects the denture in the case of dropping them. Hold the denture securely, but not too much pressure. This can fracture the denture if too much pressure is placed on them. Remember they are plastic and need to be handled gently. Denture soaks are also useful for the denture. Brush your gums with a regular toothbrush once per day to toughen and clean them. Leave the dentures out of your mouth at night. This gives the tissue time to "breathe". You may soak them in water, but this is not necessary. Rinsing them prior to inserting them is sufficient.
7. **The Future:** Your Jaw bones and gums shrink up to 1/32 of an inch per year when your teeth are missing. 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 rebasing of the dentures is necessary. Wearing ill-fitting dentures for too long without refitting can cause severe bone loss and very serious oral diseases.

We look forward to helping you adjust to, and enjoy your new dentures.