

Wearing new dentures can take a while to get used to. The new denture will have to settle into place, the surrounding gum tissues will have to adapt to them; and you will soon learn how to keep them in position. Denture adhesive powder/paste can only help. Remember, if you have medical problems, stress problems, taking medications, or dry out; this can lengthen your adjustment time period to new dentures.

COMMON AND POTENTIAL PROBLEMS:

1. Sore spots may develop after the first few days of wearing new dentures. Modifications to dentures can be made during a follow-up appointment to relieve those parts of the denture that cause excessive soreness or discomfort. You may schedule appointments to further adjust the denture thereafter.
2. Dentures acquire stains and odor just like regular teeth. Routine cleaning and care of your dentures is important.
3. You should never go to bed with your dentures on. Your gum tissues and jaw bones need to be given a rest from the dentures. To prevent tissue irritation, tissue infection, or denture shrinkage, dentures should be kept in a cup of water with a denture cleansing agent.
4. Gum tissues recede with time, about 0.08cm every year. Annual checkups will allow your dentist to readjust your dentures to restore their fit.
5. The new bite may not feel completely comfortable for several weeks. The contacting surfaces of your teeth can be adjusted after dentures/partials have settled into place.

CLEANING DENTURES AND YOUR MOUTH:

Brush your gums with a regular toothbrush once per day to toughen and clean them. Your denture can be cleaned easily by using a denture brush and a mild toothpaste. Periodic denture soaks are also very useful (ex. Polident). We recommend leaving your dentures out at night and soaking in a cup of water and a denture cleansing agent.

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 from them. Over time, your jawbone and gums shrink when there are teeth missing. When this occurs, your dentures will feel loose and may require relining. Wearing ill-fitting dentures for too long without refitting can cause severe bone loss and very serious oral disease. Please call our office if these symptoms occur .

IMMEDIATE DENTURE CARE:

1. Do not remove denture out of mouth for 48 hours (Sleep with the denture)
2. Rinse mouth thoroughly with 3 – 4 glasses of Warm Salt Water per day for 1 – 2 weeks (do not spit for the first 48 hours)
3. Be careful in placing any adhesives in denture if need be (make sure adhesive does not touch extraction sites for proper healing.

If you have any problems or questions,
please do not hesitate to call our office at (215) 223-5555. Thank you!