



GENERAL INFO ON YOUR NEW COMPLETE DENTURES AND PARTIALS

Your Dentist has done their best to provide you with well-fitted, functional, and esthetic artificial dentures. After a few weeks of becoming adjusted to the new dentures, you will have years of satisfaction and use from them. However, dentures in no way function or look as good as natural teeth. Expectations should reflect this fact.

The following information will be helpful to you at this time:

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. Using your old dentures will greatly increase your time of adjustment.

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 by calling your Dentist and going in for a quick adjustment. Generally, another appointment about seven days later will usually eliminate most sore areas.

Chewing

The new "bite" or occlusion will not feel comfortable for a period of days. Your Dentist will adjust the contacting surfaces of your teeth as needed and/or after the dentures have "settled" into place.

Upper vs. Lower Dentures

Your upper denture will rest in place with moderate to strong suction. Although your lower denture should have good stability, it is infrequent that "suction" can be expected on a lower denture. Denture adhesives can help, but will not correct the problem entirely.

Cleaning the Dentures and Your Mouth

Your dentures can be cleaned easily by using a denture brush and mild toothpaste. Denture soaks are also useful for the denture. Brush your gums with a regular toothbrush once per day to toughen and clean them. You may leave the dentures in or out of your mouth at night depending on your preference. If they are out of your mouth leave them soaking in water.

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The Future

Your jawbones and gums shrink up to $\frac{1}{32}$ of an inch per year when your teeth are missing. This 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 your Dentist. They 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.