



DENTURE WEAR

1. Denture wearing is a learned skill. It will take you six to eight weeks to learn this skill.
2. It is normal for your denture to move while talking or chewing. Wearing a denture is like riding a horse with a saddle lacking straps to secure it.
3. Your denture will feel full. This is to distribute your chewing forces over a large surface area.
4. You may experience an increase in salivary flow the first few days you wear your new dentures.

Using Your Dentures

1. You will learn to speak properly with your new dentures very shortly. If you are having difficulty, practice a reading exercise in front of a mirror.
2. Chewing – You must chew on both sides of your mouth at once. This will reduce tipping forces. It may take you six to eight weeks to learn this skill.
3. Eat nutritionally balanced meals – proper nutrition is important in order to keep your gum tissues and under-lying bone healthy.
4. Cleaning – Use a denture cleanser and a stiff brush to clean the inside and outside of your denture after every meal. Clean them over a sink full of water.
5. Clean your gums, tongue and the inside of your cheeks with a soft toothbrush or washcloth every night.
6. Do not wear your dentures to bed at night.
7. Do not reline your denture at home.
8. Come back to this office every six months for a check-up denture and oral tissue change over time.