



Dentures

Some people might not have any problems with their dentures, but for most people it takes a lot of time and patience when adapting to new dentures. Usually it takes longest for the first time wearer of a new denture, but even those who have had dentures before need to practice speaking and eating when they have new dentures made. Everyone is unique and thus everyone adapts to their dentures differently. Many people will experience an increase in saliva for the first few weeks after receiving their dentures. Salivary flow will become normal again after wearing the dentures regularly. Most people will have sore areas on gum tissue after receiving a new denture. An appointment will be made for you 24 to 48 hours after your dentures are delivered so that the denture can be adjusted to reduce soreness.

Speaking can be challenging at first as the space between the roof of your mouth and your tongue will change. This can be overcome by practicing speaking or reading out loud. It usually takes just a day or two to begin speaking normally, but for some it can take longer.

Eating usually takes a lot of practice. It is best to start out with soft foods first and then over the course of several weeks or several months graduate to more difficult to eat foods. It works best to cut your food into small pieces and to chew the food on both sides at the same time. Eating with your front teeth may always be difficult as dentures often dislodge from the back if only the front teeth are used. Dentures will function about 10-20% as well as real teeth for eating food so eating slowly is also recommended at first.

The bone of your jaw will change over time, very rapidly after having your teeth removed, and then more slowly throughout life. This change will make it necessary for periodic relines of the dentures to improve retention and fit. Usually, relines are needed 3-6 months after having your teeth removed and every 1-3 years after that. Dentures usually last about 10 years or so, but that can vary greatly from person to person.

Upper dentures tend to be more stable than lower dentures as there is usually more bone to support the denture. If a denture will not stay in place, a small amount of adhesive can be used. Adhesive use can accelerate bone loss making dentures loose more quickly. Dental implants can be a great way to stabilize loose dentures as they provide an anchor to clip the denture to. They also promote bone stability so that the denture will fit better for a longer period of time.

Never clean your denture with toothpaste or other abrasives. This will scratch the dentures and cause premature staining and wear which will shorten the lifespan of the dentures. Use soap and water with a soft denture brush or use a denture cleaner. If using a denture cleaner be sure to follow the directions for use.

It is important that you continue to have regular checkups with the dentist after you receive your denture. Oral cancer screenings, tissue health and fit of your dentures will be evaluated.