

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. Please understand that complete dentures replace not only missing teeth, but they also replace missing soft tissue and bone. In many instances they can be a complex restoration.

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. Do not worry about these areas. They can be relieved with very little effort during your next appointment. Another appointment about seven days later will usually eliminate any other sore areas. If any soreness persists for more than 24 hours, please call our office.
- 3. Chewing:** The new bite or occlusion will not feel completely comfortable for a period of days. We will adjust the contacting surfaces of your teeth after 24 hours and again about one week after the dentures have settled into place.
- 4. 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.
- 5. Cleaning the Dentures and Your Mouth:** Your dentures can be cleaned easily by using a denture brush and a mild toothpaste such as Complete (Proctor & Gamble). Denture soaks are also used for the denture. Brush your gums with a regular toothbrush once a 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 or a denture cleanser such as Polident or Efferdent.
- 6. 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-fitted 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.

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