

GETTING USED TO YOUR NEW DENTURES

Learning to wear dentures is like learning to ride a bicycle – practice is necessary. Here are a few tips to make it easier for you to get the best from your dentures.

- The lower denture always feels much looser than the upper. Try to hold it down when you eat by spreading your tongue out at the back.
- When eating take small mouthfuls of food at first and cut the food into the small pieces so that you don't bite with your front teeth. Wait until you are used to your dentures to use the front teeth.
- Try to eat food on both sides of your mouth at the same time. Start with eating soft foods (eggs, fish, and soft bread) before trying harder items.
- Don't worry about your speech being affected. This will correct itself within several weeks.
- When sleeping you should wear the dentures for the first two or three nights, this will help your gums and tissues get accustomed to them. After this, leave them out at night – the gums will remain healthier. When you removed your dentures always store them in room temperature water. If they dry out, they may change their shape or warp.
- Your dentures will probably cause the sore spots during the first few days. If these spots are so uncomfortable that you are unable to wear the dentures, try to persist for four hours or so before your next appointment. This will help us locate sore spots.
- Clean the dentures over a towel or basin of water, so that if they dropped they won't break. Hold your lower denture in the middle, do not hold it by squeezing the ends together – it may fracture.
- Do NOT hesitate to call the office if your dentures require adjustment.

***REMEMBER:** GETTING USED TO WEARING NEW DENTURES TAKES TIME – KEEP PRACTICING!

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