

## About Your New Denture

**As you get used to wearing your new denture, remember that having anything new in the mouth is a transition, and will take a bit of time to get used to.**

**Be patient with this process, and remember we are here to help and support you through it!**

**No question is a bad question - always feel invited to call the office if you are wondering about something you are experiencing with your new denture.**

*If you are experiencing sore spots with your new denture be sure to contact the office. There is no cost to have your new denture adjusted to eliminate these problems.*

## Some things to know...

- If the roof of your mouth (your palate) is covered by your denture, you may not be able to tell how hot foods and drinks are, creating a risk of burning your mouth/throat.
- Foods with small seeds can sometimes find their way under a new denture - especially as the tissue around your extractions are in the healing stages. This can cause irritation and even pain, so best to avoid these foods in the early on.
- When getting used to a new denture, soft foods will be easier to eat. Avoid foods like raw veggies and nuts until you are more comfortable with the denture. You also may have to cut food into smaller pieces.
- Hard candies may lodge or get stuck on the palate part of the denture and be very difficult to remove. Best to avoid these!
- If you experience illness causing vomiting, it is important to remove the denture and put it in a safe place until you can comfortably wear it again.

## Taking care of your denture...

- Dentures should be worn in the day, and removed at night. This gives your gums a chance to rest. When you take your dentures out, be sure to wipe and massage your gums with an ultra-soft toothbrush or moistened cloth.
- Clean your dentures at least once a day. Cover your sink with a towel or fill it partially with water in case your denture slips out of your hand. A denture can warp or break if dropped.
- Brush your dentures inside and out with a stiff brush and a non-abrasive cleaner or mild soap. You may soak your denture overnight in a denture cleansing solution from the pharmacy, or a solution of 1 part vinegar to 1 part water.

## Ongoing care...

- If you had teeth removed prior to getting your denture, the tissues where your extractions were will change over the next 3 months. This means that your denture **may require a reline** in this area once the tissues are healed. Your dentist will talk with you about arranging this. If this is required, there may be an additional charge for this.
- It is important to remember that the jaw bones and gums may change shape over time. Extreme weight loss or gain may affect the fit of your dentures.
- It is still important to have regular dental visits so that you can have the fit of your dentures and the health of the tissues of the mouth, throat, and tongue assessed. You should visit your dental office at least once a year.

