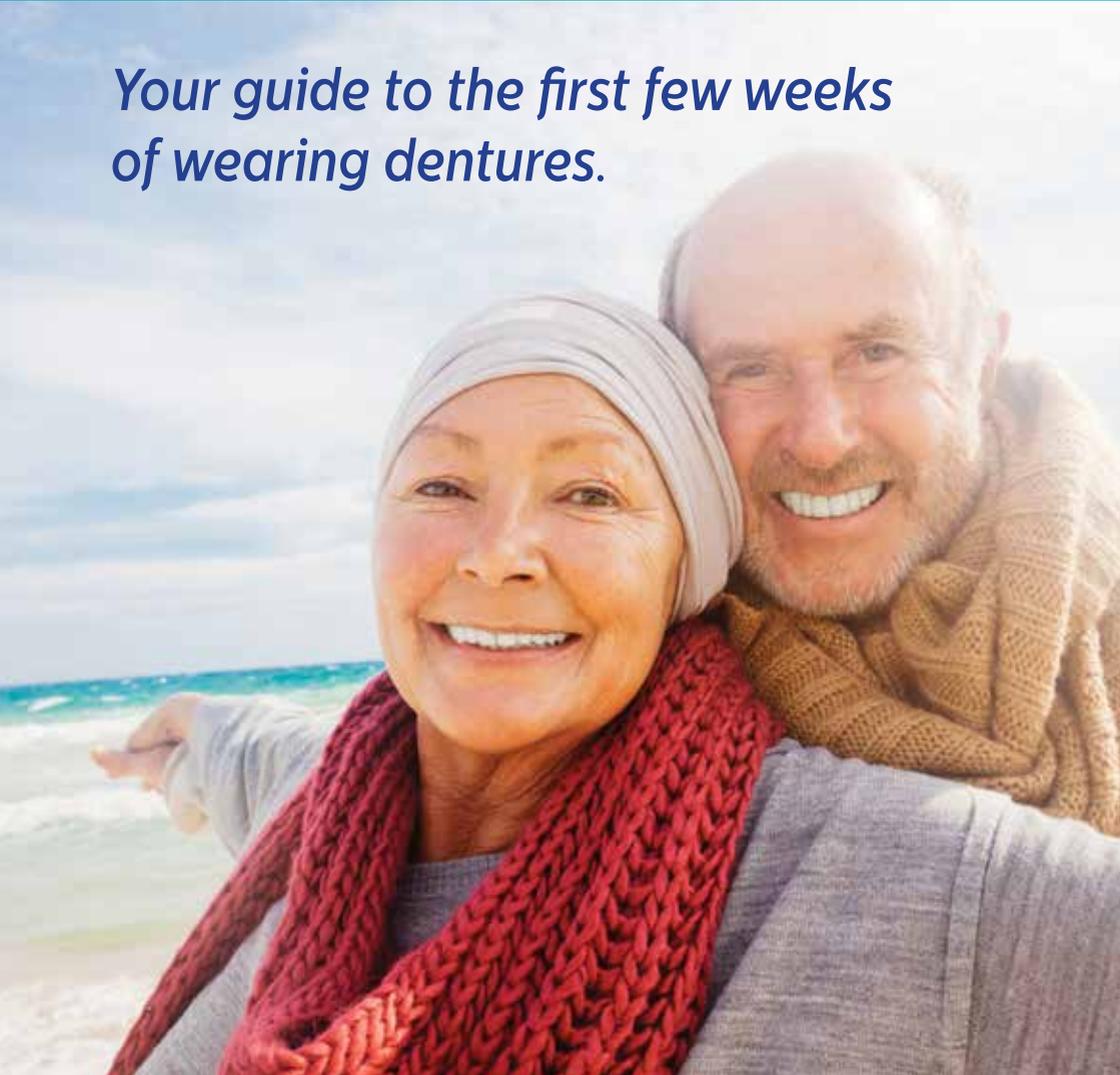


**DENTURES**  
**DIRECT** *Ballina*

Experts in Removable Dental Prosthetics

# *Your new dentures. What can you expect?*

*Your guide to the first few weeks  
of wearing dentures.*





## So now you have new dentures what can you expect?

*Dentures are a very personal thing and no two people will have exactly the same experience.*

*Some people wear dentures with no difficulty from the beginning, but for others it can take up to 6 months for their dentures to become fully comfortable. So realistic expectations are essential for success.*

*However, there are some things that every denture wearer has in common. Here are some guidelines on what to expect in the first few weeks.*



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# 1. That full mouth feeling

*If this is your first denture, initially you may feel that the dentures are a bit of a mouthful.*

This feeling is completely normal. The mouth is really sensitive and your tongue lips and facial muscles need to work out how to chew and speak with this new removable appliance in place.

If this is a replacement denture it is also completely normal for it to feel very different to your previous set. This is because the new denture will be slightly larger to compensate for the amount your gums and bone have shrunk over time. If the new denture was not designed to do this your lips and cheeks

would not remain well supported and this can give you the appearance of premature aging. The teeth on an old existing denture also wear down with use so the sensation of new properly sized teeth can be another thing to get used to. All of the changes in your existing denture happen gradually over the years whereas the corrections made in the new dentures are immediate so it is inevitable that there will be a period of adjustment.



# 2. Speaking with dentures

*Talking with new dentures needs a little bit of time and patience, but be assured that in no time you will be chatting, laughing and joining in any conversation with confidence.*

**Here's some tips to help you along the way:**

- It's common to have problems pronouncing 'S' and 'F' sounds and sometimes you may lisp particularly in the first 24 to 48 hours. Try focusing carefully to begin with on your lips and tongue as you form words.
- Practice speaking aloud or reading aloud when you are alone. Even better practise in front of a mirror. This will help you get the muscle coordination you need to speak

clearly while identifying the words and sounds you have trouble with. Try to be aware of any tension in your jaw or neck and relax! Practising in private will help greatly increase your confidence when speaking to others.

- Before you speak, try biting down and swallowing as it helps secure your full or partial dentures in place and minimise any denture movement which could make you feel self-conscious while you are talking.



### 3. Soreness and irritation

*A certain amount of soreness and irritation is also normal while adjusting to new dentures. Your gums, and remaining teeth if you have any, may react to the pressure of the fit surface of the new denture.*

Up to a certain level any discomfort or minor pain DOES NOT mean there is something wrong with your dentures. Dentures are a false body part and your mouth, tongue and facial muscles need time to adapt. Patience and perseverance are the key.

The best treatments for the initial soreness are regular salt water mouth rinses. You can begin these from day one 3-4 times a day to help condition your gums and treat pressure areas before they become inflamed. Rubbing a little bit of vegemite (as it has lots of salt in it) on any specific sore spots is also very helpful

as it acts as a lubricant between the sore gum and the denture. You can also use over the counter mouth ulcer treatments like Bonjela if you prefer.

If the pain escalates or an ulcer develops and won't resolve despite your best efforts ring us as soon as possible for an adjustment appointment. Adjustment appointments are an essential part of your denture rehabilitation and it would be extremely rare if you did not need at least a couple. All these adjustments are part of your overall treatment meaning there is no additional cost so please do not hesitate to call us.

### 4. Gagging and Excess Saliva

*Some people react to a new denture as if there is food in their mouth and produce lots of saliva.*

Though this is not very pleasant it usually disappears quite quickly so don't worry. If it continues for more than two weeks an adjustment appointment may be needed to assess why excess saliva is continuing.

Gagging or feeling like you are going to gag is also a common reaction in the first couple of weeks. All the structures in

your mouth need to learn to accept the sensation of having a denture and that is particularly so for the sensitive area at the back of the mouth. If you experience the gag reflex continuously or so strongly that you can't wear the denture it may need to be shortened a little to alleviate this. Again this is an easy process so don't suffer unnecessarily!



### 5. Caring for your dentures

*Caring for your dentures is as important as caring for natural teeth*

By taking proper care of your dentures you not only ensure that you get the best life out of them but you also prevent oral health issues developing. Dentures need cleaning daily just like your natural teeth to kill bacteria and remove any debris or calculus build up. Like natural teeth, dentures are susceptible to everyday stains from products such as tea, coffee and red wine. It is also a good hygiene habit to rinse your dentures after every meal if possible

**DO NOT USE TOOTHPASTE** to clean your dentures. Toothpaste is very abrasive and overtime will leave micro scratches in your denture that will actually stain to an even greater degree. You should soak, brush and rinse your dentures using specialist denture cleaners or natural soap. Take care when

brushing, as dentures are softer than natural teeth. It is recommended that you use a soft bristle denture brush. We would have explained this to you at your issue appointment but if you have any questions or want to clarify anything please call us, we are only too happy help and advise.

Another useful hint is to always clean your denture over a basin which has been lined with a facewasher or something similar or filled with some COOL water. Soapy dentures are slippery and do not react well to falling onto tiled floors! No-one wants to be having their lovely new dentures repaired because of an accident so a bit of careful planning can save a lot of heartache and money



## 6. Should you sleep with your dentures in?

*As a rule, it is advisable to remove dentures at night. This gives your gums a rest and allows your saliva to wash around your mouth which is a natural cleanser for your mouth. This will help reduce the chances of gum infections and bad breath.*

Some people though find taking out their dentures overnight quite distressing particularly if they wear a complete denture.

If you do feel more comfortable wearing your dentures at night, then you should purchase a very soft bristled tooth brush. Wet this brush with water and brush your gums and palate lightly at bedtime with your dentures out, and again in the morning. This brushing helps to keep your mouth healthy by helping the blood circulate in the area.

When you are not wearing your dentures, always put them in water to keep them in good condition.



## 7. Eating with your new dentures

*When you begin eating with your new dentures, it is important to start slowly.*

Eating is usually the most difficult part of mastering your new dentures. You must not be discouraged if you experience a few failures at first: remember natural teeth are firmly fixed in bone, while dentures only rest on the bone so it is quite different. You will get to a stage where you can eat all your favourite foods with little restrictions.

It can be helpful in the early stages to remind yourself of how our teeth work. The front teeth should only meet when the lower jaw moves forward to bite through a sandwich or biscuit. It is the back teeth that do all the chewing so consciously practicing those actions can get your tongue and lips working better with your dentures and make eating more successful.

While you are retraining your oral muscles and tongue to eat with your new dentures

it is also important to attempt to chew as evenly as possible. Chewing too much on one side may make the dentures tip to the opposite side.

Begin with eating food that does not need hard chewing. Take smaller mouthfuls and chew slowly and evenly. Cut the food into smaller pieces that can easily be put into your mouth or try eating soft foods like porridge or yoghurt. You may also have difficulty with very thin foods such as lettuce and the skins of apples or tomatoes so peeling your food or cutting it into slices or quarters can help a lot during this period.

Gradually you will become more skilled at using your dentures and will be able to try harder and tougher foods till your diet is back to normal.

# Soft food ideas

## VEGETABLES:

Soups (smooth rather than chunky) – virtually any combination of vegetables can be made into a soup, or buy ready made ones

Mashed avocado/guacamole

Fresh spinach, kale or other greens, cooked very soft

Sweet potatoes, baked until very soft

Soft-cooked carrots, soft cooked squash (mashed if necessary)

Vegetable juice (such as tomato juice)

## FRUITS:

Fruit juice

Fruit smoothies

Mashed bananas

Baked apples

Baked bananas

## MEAT, FISH, EGGS, BEANS AND OTHER PROTEIN FOODS:

Soup with soft meats

Moist, tender meat or poultry that is ground, shredded, finely chopped or blended with vegetables or potatoes, using a food processor

Soft-cooked fish

Fisherman's pie

Scrambled egg or poached egg

Baked Beans

Tofu

Bread, rice, potatoes, pasta:

Mashed potatoes

Pasta or noodles (not al dente!)

Cooked rice, risotto

Cooked cereal, porridge (with or without mashed fruit)

Cold cereal which has been left to soak in milk until soft

Bread that has been softened in soup

Soft bread rolls

Muffins, pancakes, waffles

## MILK AND DAIRY FOODS:

Milkshakes, milk drinks

Yoghurt

Yoghurt drinks

Yoghurt with soft fruits

Ice cream!! (without crunchy bits)

Cottage cheese, ricotta cheese

Desserts and sweets:

Custard

Ice cream

Soft moist cake or pie – moisten in milk, coffee or other liquid if necessary

# As time goes by, what should I look out for?

*People who wear dentures with little trouble understand the importance of ongoing maintenance and regular check-ups just as you would for your natural teeth.*

The gums and bones in our mouths naturally shrink over the years particularly when they are no longer supporting the structures of natural teeth. This means that gradually your denture may no longer fit as well as it did when you were first issued it. Also everyday use will gradually wear your denture out.

Poorly fitting dentures can cause problems like poor eating, digestion problems, sores, pain and gum disease and affect your remaining teeth.

Therefore, we recommend that you make a check-up appointment to assess the need for a reline every two to three years which will ensure that you are getting the best fit and function possible from your denture.

A reline is an easy, affordable procedure that refits the denture snugly to your gum and is done in a day so you can get back to enjoying life.

If your dentures are no longer looking as fresh as they once did despite your best efforts then you may need to bring them in for a professional clean and polish as well.

Further down the track the expected best life of a denture is 8-10 years. Replacing your old worn denture every decade will also play a big part in you becoming a life-long successful denture wearer so you can live life loud!



*We're with you  
every step of the way.*



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