

What to Expect with New Dentures

Transitioning to dentures can be a big adjustment. Partial or full dentures can be uncomfortable at first. The good news is that there are things you can do to reduce discomfort and get used to the new appliances. Try on these tips to help you adjust to your new smile.

1. Set Realistic Expectations

Like braces, your [dentures](#) will feel like a foreign object at first. It may even seem embarrassing to learn how to speak or eat naturally while wearing them. It's normal to feel a little shock and discomfort as you're getting used to this, but it won't last forever.

As you become accustomed to speaking and eating, patience is critical. According to the [American Dental Association \(ADA\)](#), it is not unusual to experience minor soreness after getting new dentures. Visits to your dentist to readjust your dentures can help relieve some discomfort in the meantime. Also, consider taking out your dentures every few hours or so as your gums and jaw are still getting used to them.

However, in this early phase of wear, don't forego nutritious foods for more forgiving, processed items. According to the ADA, you should start with smaller bites of softer foods that are easy to chew and take time to work up to more difficult items, like red meat or apples.

2. Practice Speaking by Singing

This is a tip from professional speech therapists. Music is an excellent form of speech training. With your new dentures, try singing along to your favorite music during the day. Techniques like singing smooth, fluid phrases at slower rates can help you get used to forming certain words more easily so your dentures won't feel like a hindrance.

3. Exercise Your Facial Muscles

Your cheek muscles help direct the food in your mouth as you prepare to swallow. So, like working out any body part, building these muscles in the first few weeks (or even before getting your dentures) can give you more control over your meals while eating.

4. Experiment with an Adhesive

Talk to your dentist or prosthodontist about the best dental creams or [adhesives](#) currently available, and experiment with what kind works best for you. A small amount can go a long way to reducing early irritation. Always make an appointment with your dentist if you feel you need a more lasting adjustment for a better fit.

5. Follow Your Post-Extraction Plan

One of the most important steps you can take when getting comfortable with dentures is to be on top of your treatment plan. Everyone heals differently, and your mouth will be sore following a tooth extraction. It may also take longer to feel comfortable wearing them, as dentures can fit differently as your gumline shifts over time. Therefore, taking any medication as prescribed while attending your appointments for all necessary changes will help reduce your discomfort during this transition.

Ultimately, don't miss any of your dental visits after the first few months of wearing dentures. Even now that you have new teeth, it's just as important to always keep with your [regular checkups](#) and take care of your oral hygiene at home. Remember, many people adjust to wearing dentures and overall experience an improvement in their quality of life. Follow these tips, and you will be on your way to eating, chewing, and speaking comfortably.

Cleaning and Maintenance of Dentures

Like your teeth, your dentures should be brushed daily to remove food particles and plaque. Brushing also can help keep the teeth from staining.

- Rinse your dentures after eating or before brushing to remove any loose food or debris.
- Use a soft bristle toothbrush and a non-abrasive cleanser to gently brush all the surfaces of the dentures so they don't get scratched. Do not use toothpaste.
- When brushing, clean your mouth thoroughly—including your gums, cheeks, roof of your mouth and tongue to remove any plaque. This can help reduce the risk of oral irritation and bad breath.
- When you're not wearing your dentures, put them in a safe place covered in water to keep them from warping.
- If tartar builds up on the denture, it can be removed by soaking the denture overnight in pure white vinegar. Brush the denture again in the morning and rinse thoroughly before reinserting. It may take more than one night of soaking to remove all of the tartar.
- Stains from coffee, tea, smoking and certain foods can be very hard to remove. Regular brushing can prevent buildup. Stains can be removed by occasionally soaking the denture in a 50/50 mix of bleach and water- checking every 15 minutes until the stain is gone. Do not overbleach! Rinse the denture well before wearing.

DENTURES MUST BE LEFT OUT AT NIGHT-

If not, underlying tissues become more prone to yeast infections and shrinkage of the ridges may occur more rapidly, causing the dentures to need refitting or remaking more often.

EATING:

Stay with foods that are high in nutritive value. Do not try difficult foods like apples or steak during the break-in period. Even after the break-in period, these difficult foods should be cut into small pieces before chewing. Chew your food well before attempting to swallow. . Remember, it is perfectly normal for you to not be able to eat as well with your dentures as you did with your natural teeth.

CHEEK BITING:

Cheek biting is very common in the first few weeks of wearing dentures. The dentist may be able to adjust some of this problem. However, most of the time the problem will correct itself as the muscles of your cheeks become tighter from wearing the dentures.

As we age, more fatty tissue can deposit in our cheeks and gravity causes them to sag, and they can get in the way of chewing. Plastic surgery to remove some of this excess can be considered.

ADJUSTMENTS:

You will be given adjustment appointments until no soreness is present. This may take several appointments. Adjustments are normal and it does not mean anything is wrong with your mouth or your dentures. If you have significant soreness in between appointments, you can purchase a tube of Benzodent at the pharmacy or grocery store. Squeeze some from the tube onto the inside of the denture in the area where it hurts.