



Dentures

We have done our best to provide you with well-fitted, functional, and esthetically pleasing 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.

The following information will be helpful for you:

1. **The 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. You may notice that you do talk a little different, this is normal and all part of the adjustment process to the dentures.
2. **Sore Spots:** Usually, your mouth will have a few “sore spots,” after wearing the dentures for 24 hours. Don’t worry about these areas. They can be relieved with very little effort during your next appointment.
3. **Chewing:** The new bite may not feel completely comfortable for a period of days. We will adjust the contacting surfaces of your teeth in 24 hours and again about one week after the dentures have settled into place.
4. **Upper vs. Lower Denture:** 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. We suggest that you avoid denture adhesives unless you have significant difficulty.
5. **Cleaning the Dentures and your Mouth:** Your dentures can be cleaned by using the denture brush which is enclosed. Denture soaks are also useful to dissolve debris from the denture. The instructions for the Denta Soak that was provided are on the inside lip of the box. Brush your gums 2 times per day using the toothettes (pink sponges) until those are gone, then you are able to switch over to the post op soft toothbrush that was provided. You may leave the dentures in or out of your mouth at night, depending on your preference.
6. **Adhesive Usage:** The Fixodent and SockIt that is provided for you are used to help with the suctioning of the dentures during the healing phase. The use of the adhesive may not be needed. Having the denture dry before apply the adhesive or Sockit is advised. The Sockit helps as a wound soother if you are having any sore or tender areas. To apply the Fixodent, you want focus on the posterior and the palate of the denture to help with the suction. After both are applied you can insert and press evenly and firmly throughout the denture.
7. **What to expect in the Future:** During your healing period you can expect your gum tissue to shrink. Because of this shrinkage, we may need to see you for a soft relines during the 4-6-month healing phase. We will inform you when refitting of the dentures is necessary for your final stage. Wearing ill-fitting dentures for too long without refitting can cause bone loss and some gum irritation.

We look forward to helping you enjoy your new dentures!

Please call us with any questions or concerns

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