

Young Smiles Family Dentistry

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Denture Home-Care Instructions

Congratulations on your new denture!

Now that you've taken a significant step toward restoring your smile and ability to eat, please take care of your new denture *and* your mouth by following these tips and home-care instructions.

Dentures are very different from your natural teeth because they aren't anchored in bone; they rest on top of mobile tissue. This means your denture—especially the lower one—can and will move in your mouth when you eat and speak. Just be patient! With time and practice, your muscles will adapt. When we deliver your new denture, you can expect an initial adjustment period of two to four weeks.

Eating Tips

- Start with soft, easy-to-chew, foods: eggs, fish, cooked vegetables, cheese and pudding.
- Take small bites and chew on both sides of your mouth at the same time, which helps to stabilize the denture.
- Chew up and down, not side to side.
- Cut hard foods, like apples and corn, before eating.
- Avoid biting with your front teeth; if needed, press your tongue behind the upper denture for stability.
- Avoid very hot foods and drinks, as dentures *decrease* temperature sensation.

Speaking Tips Your ability to function with a complete denture involves neuromuscular skills that take time to develop. All new denture wearers require this adjustment period.

- Speech may be slightly unclear at first, especially when pronouncing words containing “s” and “f” sounds.
- Practice reading aloud and speaking in front of a mirror.
- You may find it helpful to swallow before speaking in order to “set” your denture in place.

Sore Spots *Don't panic! Having a few sore spots that require adjustment, especially within the first few days of wearing a new denture, is quite common.*

If you develop any sore areas, do the following:

- Make a soothing mouth rinse by mixing ¼ tsp of baking soda and ⅛ tsp of salt with 1 cup of very warm water. Rinse frequently.
- Call our office for an appointment, so we can make any necessary adjustments. Be sure to wear your denture the day of your appointment to help us identify the sore areas of your mouth
- Annual checkups are recommended. Because changes in your mouth—such as shrinkage and bone loss—will occur over time. Careful maintenance and routine checkups will help slow down these changes.

If you have any questions about your new denture or need an adjustment, please call our office to schedule an appointment. We're here to help!

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Looseness & Adhesives

- Dentures may loosen as gums shrink after extractions.
- Relines (adding material to the denture underside) may be needed over time.
- Use adhesives if needed—but *Never* try to adjust or repair a denture yourself, doing so could cause irreversible damage to it!

Cleaning Your Denture: *Keeping your denture clean is critical. Just like natural teeth, dentures can build up plaque and tartar that will irritate your gums, stain your denture teeth, and harbor bacteria and fungus.*

- Brush daily with a soft denture brush and denture paste (not regular toothpaste). —regular toothpaste is too abrasive and can cause scratches in the acrylic.
- Rinse after meals with warm water.
- Soak overnight in water; use a denture cleaner 1–2 times per week.
- For overdentures with natural tooth attachments or one supported by dental implants: brush inside your mouth and floss supporting teeth daily. The teeth supporting an overdenture are still susceptible to decay and must receive proper care. Although dental implants cannot decay, periodontal disease may still develop without good home care.

Denture Care Tips *When traveling, or if you remove your denture temporarily, always place it in a denture case to keep from losing it. Never place it on a napkin or tissue.*

- Store in a denture case or water when not in use.
- Keep away from pets—they may chew it!
- Avoid bleach or very hot water.
- Don't bite with upper front teeth.
- Immediate dentures: keep in place first 24 hours.

Caring for Your Mouth & Gums

- Remove dentures at night to let gums rest.
- Clean gums, tongue, and cheeks daily with a soft brush or damp cloth.
- Rinse with warm salt water to keep gums healthy.

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