

# Denture Care

Dr. Jack Wilson - Dr. Laura Fizer

New dentures are usually not perfect right away. There is a learning curve and time is needed for the denture to settle. You will likely require multiple adjustments to the denture and lots of practice learning to eat and speak again.

When you get a sore spot, call to get it fixed. Take the denture out except when eating to prevent a small sore from turning into a large one.

Your adjustment visits with the dentist will address any soreness, looseness, or trouble with eating and speaking.

Start slowly. Eat soft foods at first and slowly work your way into eating normal foods again. You will need to cut food into small bites to prevent choking, especially initially.

Practice your speech. Speech sounds will return to normal, but you have something new in your mouth and you need time to adjust.

Do not sleep with your dentures in, unless instructed to by the dentist. It is important for the health of your gums that they get time to breathe. Otherwise, you can develop irritation and yeast infection, among other issues.

Take care of your dentures! Brush them at least once a day, inside and out, using a soft toothbrush or denture brush. You can use regular toothpaste, but avoid whitening pastes that can be abrasive and scratch your denture. Soaking your denture in an effervescent cleaner once a week is also a good idea.

Be careful not to drop your denture! They can break. When cleaning your denture, it is a good idea to lay down a washcloth or fill the sink with water to prevent breaking the denture if dropped.

Return at least annually for evaluation of your denture and for an oral cancer screening. At that time, we will make any necessary adjustments and/or suggest relines when necessary. This can keep your denture working well longer than if no preventive measures are taken. We will also clean your denture in our ultrasonic machines at that time.