

Your New Dentures

1. **Sore spots** may occur under new dentures. Do not cut or grind on the dentures—we will adjust them for you. If the soreness remains more than one day, return to our office with the dentures in your mouth so we can find the sore spot and adjust the denture for you.
2. **Don't overwork your dentures**, they are artificial. If you had a wooden leg you wouldn't expect to run a mile in four minutes, so take it easy. Learn slowly to use your new teeth. No one can teach you how to wear your dentures. It will take time for you to learn the best technique to chew.
3. **Talking and eating will be difficult at first.** Your mouth will seem full of water (saliva) and your tongue will feel boxed-in. Don't try to eat a juicy steak, fresh apples, corn on the cob, and similar foods, for the first few weeks. Gradually change from soft foods to harder varieties, but avoid sticky foods.
4. **Keep your dentures clean** to prevent staining and bad breath. Brush them at least twice a day (in your hand). You may leave the dentures in or out of your mouth at night, depending on your preference. If the dentures are out of your mouth, leave them soaking in a water and mouthwash solution.

We do *not* recommend powder adhesives when your dentures become loose (your mouth shrinks—the denture doesn't change). We suggest that you avoid drugstore denture reliners since using them can cause irreparable damage to your mouth. Have a dentist reline your dentures for best results. If you should break, chip or crack your denture, return to our office with all the pieces of the denture. We are usually able to repair your denture.