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Cosmetic, Implant and General Dentistry

Success with your dentures, whether new or a replacement, depends on a few simple tips. The first is really important. Rely on us! We can offer the best advice to help you get the most out of your dentures. That's why we have given you this brochure. If you have any further questions after reading it, be sure to call the office at: (561) 732-8877

Gaining Confidence During the Adjustment Period

You are probably concerned about how your dentures look and feel. Some awkwardness is normal at first and usually diminishes quickly. Before you know it, you'll feel more confident about wearing your dentures.

How They Look

New wearers often report a "full-mouth" feeling, as though the dentures are too big and pushing the lips forward. This feeling will wear off as you adjust.

How They Feel

Your dentures may feel like they don't fit properly at first. They may "gag" you or cause you to bite your cheeks or tongue. If you wear an upper denture, it may take some time for your tongue to get used to the feeling of being pressed against the denture and not your palate. Don't worry, we may recommend the use of a denture adhesive to help you feel more confident.

New Sensations

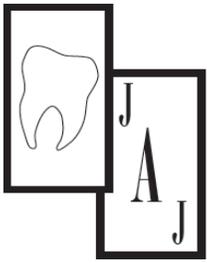
Because a denture is a "foreign object" in the mouth, you may produce more saliva for a while. This, too, will lessen and eventually go away. Something as simple as sucking on a mint will encourage you to swallow more frequently, clearing away excess saliva.

Some soreness is to be expected, usually within a few hours of putting your dentures in your mouth. However, if soreness becomes a problem, please call and make an appointment. An adjustment may be necessary. (Never try to make an adjustment to your dentures yourself.)

Mastering Two Important Activities

Patience and practice will help you build confidence with the important activities of speaking and eating.

When you speak, much of the sound of your own voice reaches your ears through vibrations in the bones of the jaw and skull. Wearing dentures changes the sound and makes it seem louder. This change will be much less noticeable to others than to you.



If your dentures “click” when you speak, try speaking more slowly. Slower speech helps avoid movements that raise or move the lower denture. The muscles of your lips, cheeks, and tongue are learning to keep the denture in place. Time and practice will help overcome this difficulty.

Tips for Confident Speaking

- Before you speak, bite and swallow to position your dentures.
- Practice reading aloud in front of a mirror to help your tongue get used to your dentures.

Tips For Eating With Comfort And Confidence

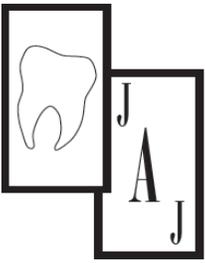
- Begin with small amounts of food. Instead of biting into food with your front teeth, cut it into smaller pieces.
- When you put food in your mouth, divide it so that you are chewing one half on the back left side of your mouth and the other half on the back right.
- Start with soft foods such as eggs, fish, chopped meat, cooked vegetables, and puddings. Once you've gained more confidence with your dentures, try tougher foods like steak and celery.

At first you may feel that food has lost its flavor. This is because the messages your brain is receiving about your dentures can, for a short time, overpower those from your taste buds. You may also have trouble sensing how hot food and drinks are at first. Taste carefully so you don't burn your mouth. In time, your brain will pay less attention to your dentures and more to flavor and temperature.

To Clean

Plaque can form on dentures, just like natural teeth. If it is not removed every day, your dentures may look less white and bright. It is also important to clean your dentures daily to avoid denture odor. The American College of Prosthodontists, the professional organization for specialists in the restoration and replacement of teeth, recommends denture wearers clean their dentures daily and see their dentist regularly to maintain good oral health. It is our recommendation to leave your dentures out at night. This allows your gum tissues to “breathe”, and allows the denture to soak for a longer period of time.

- Clean your dentures over a sink filled with water to avoid breakage if they drop.
- Rinse dentures thoroughly in warm water to remove any loose food particles.
- You may use a denture cleanser or soak in 1/3 white vinegar to 2/3 water.
- Moisten a denture brush (not a soft-bristle toothbrush) to clean all surfaces of your denture gently. Brushing too hard can damage any plastic or metal parts. Rinse and brush in clean warm water.
- Use a soft-bristle toothbrush and fluoride toothpaste to brush your gums, tongue, palate, and natural teeth before reinserting your dentures. This removes plaque from your mouth and stimulates circulation.
- You may rinse with a mouthwash for a refreshing feeling.



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Proper Care

To maintain good oral health you should continue to see the dentist regularly even if you wear both upper and lower dentures. Your dentist will check denture fit, make any necessary adjustments, professionally clean your dentures and make sure your gums, tongue, and jaw are healthy. With proper care and regular check-ups, your dentures will be a healthy, natural part of your life.

Even with the best care, natural changes in your mouth may make it necessary to have dentures remade after a number of years. The bony ridge that your dentures rest on shrinks over time. This continues throughout life when natural teeth are not present. Dentures should be refitted every few years by relining or rebasing, and new dentures should be made every 5 to 10 years. If dentures are not refitted, damage to the mouth can occur, ranging from chronic sore spots to oral cancer.

Report any change in the way your dentures work or feel to us. We can tell you whether an adjustment, a relining, or new denture is needed.

Maintenance/Follow up care

If you have a denture or partial denture (with either teeth or dental implants supporting your prosthesis) you should have a professional prophylaxis (cleaning) at a regular scheduled interval. Dr. Alexander and our dental hygienist team will prescribe the proper interval for cleaning based on your individual tendency for plaque and tartar build up, and periodontal conditions.

Additionally, it is recommended to have updated radiographic images (x-rays) to screen for possible pathologies and disease. Oral pathologies, to include oral cancers can occur in the jaws and around your gums, even if you don't have teeth.