



## Your New Dentures

1. **Sore spots** usually occur under your new dentures. Do not cut or grind on the dentures – we will adjust them for you. If the soreness remains for more than one day, then 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 new dentures.** They are artificial. If you had an artificial leg you wouldn't expect to run a mile the first day. 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 to be full of water (saliva) and your tongue will feel boxed-in. Don't try to eat a steak, fresh apples, corn on the cob, or similar foods for the first few weeks. Gradually change from soft foods to harder varieties, always avoiding sticky foods.
4. **Keep you dentures clean.** Cleaning dentures prevents bad breath and stained teeth. Brush them at least twice a day (while holding them in hand). You may leave the dentures in or out of your mouth at night, depending on your preference. If the dentures are out of the mouth, leave them soaking in a water or mouthwash solution.
5. **We do not recommend powder adhesives.** When your dentures become loose (this means your mouth has changed, not the denture.) We suggest that you avoid drugstore denture liners since the use of these materials can cause irreparable damage to your mouth. Allow a dentist to reline them for the best result. If you should break, chip or crack your denture, return to our office with all of the pieces of the denture. We will usually be able to repair your denture.