



# What to Expect from Your New Complete Denture

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The transition to a first denture is a big step, and a fair amount of patience is required, particularly at first. A number of routine adjustments will be required to correct minor problems with the denture's fit and bite. Some people need as few as two or three adjustments; others require six or more over several weeks.

The sensation of having a foreign object in your mouth, and the accompanying increase in saliva, should begin to disappear within the first week.

Speaking with new dentures often requires considerable practice. It is not unusual to experience some whistling, lisping etc., until you adapt to the new teeth and the thickness of the denture itself. Reading out loud and practicing difficult sounds is very helpful.

Be sure to start chewing soft foods and progress gradually to tougher chewing. Complete dentures do not allow as much side-to-side chewing as natural teeth, and wearers must adapt to a more up-and-down chewing pattern. To keep dentures from tipping loose when chewing, try to keep food on both sides of the mouth at once, and avoid trying to bite tough pieces off with the front teeth (e.g. corn on the cob.)

Be sure to take the dentures out at night to let the oral tissues rest. 24 hour wear will accelerate the natural shrinking of the supporting jawbone, and usually causes gum inflammation as well. Keep dentures moist or in water when they're out, to prevent the plastic from drying out and warping.

Clean them daily with liquid dish soap (e.g. Sunlight) and a stiff-bristled denture brush. Keep them over a basin or sink with water - a dropped denture may break or shatter. Avoid scrubbing them with toothpaste or abrasive cleansers; these will scuff the surface finish and make them more prone to staining. Coffee and smoking stains can be controlled with commercial denture soaks, or with the homemade solution at right (for plastic dentures only; it will corrode metal ones.)

## **Do-It-Yourself Denture Stain Remover**

**Chlorox or Javex Bleach 1 tablespoon  
Calgon dish detergent 2 tablespoons  
Water 1 cup**

**Soak denture for 15 minutes  
(prolonged soaking may bleach them.)**

Household vinegar (for 15 minutes at a time) will soften and remove tartar stains.

Most important to success is patience - and regular adjustment of minor problems before they grow into major problems. Normal adjustments for the first three months are included in the denture fee. Be sure to mention any problems you are having, however trivial. The solution is sometimes surprisingly simple!