

151 Riverside Drive
Binghamton, NY 13905
607-724-1389 • Fax 607-724-6468



609 East Main St.
Endicott, NY 13760
607-754-3080 • Fax 607-754-3083

Family, Cosmetic and Implant Dentistry
www.summitdentalarts.com

Denture Instructions

The following suggestions are presented to assist you in learning to use and properly care for your new dentures.

Breaking in Period: Most new dentures require a breaking in period before they become comfortable. This length of time varies with each individual patient. First time denture patients may require several weeks to get used to their new appliance. Getting a new denture is like getting a new pair of shoes. It is important to break them in gently and take it slowly.

Sore Spots: Soreness from uneven pressure on the gums may develop at any time and is not unusual, especially if you have never worn a denture before. Sore spots are best corrected if the dentures are worn at least 3-6 hours before returning to the office for an adjustment appointment. This will greatly aid in finding the exact location of the area and makes adjustments significantly easier and more predictable.

Eating: Start with soft foods or those that are easy to chew. Take small bites and chew slowly. Try to keep the food distributed evenly on both sides and chew on the back teeth. This will help keep the dentures balanced. To bite foods that normally require the front teeth, such as steak and carrots, will require practice. Initially, it is recommended that you avoid chewing gum or attempt to eat hard, sticky, chewy foods until more experienced. Also remember that dentures do not have the same chewing efficiency as natural teeth and may affect the way foods taste. If your bite feels uneven after several days, we can adjust the way your teeth contact at your follow-up visit. After eating, always remove and rinse your appliance with water to remove and food debris.

Speaking: Learning to talk with your new dentures in place requires time, patience and practice. Reading aloud is a very good way to learn to enunciate distinctly, especially those sounds or words that are not clear. Try to avoid movements of the lips and tongue that tend to displace the dentures or cause them to click.

Mouth and Denture Hygiene: It is extremely important to thoroughly clean your dentures every day with a soft brush and denture cleaner or warm water. DO NOT brush your denture with toothpaste, as it is abrasive and will scratch the appliance. It is the meticulous brushing that is the most effective in removing bacterial plaque and surface staining. After eating, remove and rinse your appliance with water to remove any loose food debris. Food particles that get trapped under the denture can cause inflammation of the gums and increase sore spots. The healthiest choice is to remove your dentures, usually when going to bed at night, to give your gum tissues recovery, time to breathe, and rest. During this time, the dentures can be cleaned and placed in a small tub of cold water or denture cleaner. Never place the denture in a container without cleaner or water, this will cause them to dry out, which can cause the denture to distort and not fit well. In the morning remove the denture and clean with a soft brush and water. At least once a week, place the denture in a specific denture cleaning solution to remove insoluble stains and build up. Also remember to brush your gums, tongue, and roof of your mouth daily with a soft brush or washcloth. Massaging and stimulating these tissues will reduce the incidence of inflammation and sore spots. Daily routine, proper cleaning and care of your dentures are important to prevent stains and bacteria from accumulating on the appliance.

Partial Appliances: Use special care to clean parts of the partial that contact any natural teeth. Both the partial and the natural teeth must be kept very clean on a daily basis to reduce the chance of new dental decay starting.

Recall Appointments: Periodic recalls are advised to evaluate the denture and examine the remaining soft tissues and to complete an oral cancer-screening exam. Generally these should be scheduled every six months to one year.

Over time, or with weight loss or gain, the supporting gum tissues and bone may change shape and size. Periodic reclines of your dentures may be necessary to ensure a retentive fit.