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### **How To Care For Your New Dentures**

1. Initially the denture will feel bulky. After a week or so of wearing the dentures, your oral tissues will adapt and you will feel more comfortable.
2. An excess flow of saliva may be expected for the first few days after placement of the new dentures.
3. Speaking requires practice; read aloud and repeat phrases that are difficult to pronounce.
4. Chewing may require six to eight weeks of adjustment since new muscle patterns must be learned. This adjustment period can sometimes be as long as six months, for example when new dentures are replacing a very old pair. Persist!
5. Begin by chewing soft foods cut into small pieces. Do not attempt to eat chewy or hard foods such as steak at least for the first week. Try to chew on both sides of the mouth at the same times. Expect eating to be awkward during this learning period.
6. Tongue position is important when eating to keep the lower denture stable; try to place the tongue forward. It may take 1-2 weeks to adjust to the denture and required tongue position.
7. REMOVE THE DENTURES AT NIGHT TO ALLOW THE TISSUES TO REST. Soak the dentures overnight. Clean with a commercial oxidizing tablet such as 'Polident'.
8. Clean the dentures twice a day with a soft brush using soap or a denture cleaner such as 'Polident'. Always rinse the dentures after meals. \*DO NOT USE TOOTHPASTE ON THE DENTURE.\*
9. Ensure to brush natural teeth twice a day and after meals.
10. If the tissues or ridges become irritated, remove the dentures and rest the mouth for a time. Warm salt rinses help. If you are to have the dentures adjusted, wear them for several hours to a day before your appointment so that the sore spots will be visible and easily eliminated. DO NOT adjust the denture yourself.
11. Do not chew with the front teeth. Practice biting with the side teeth and attempt to chew on the back teeth on both sides at the same time.