



Grand Avenue Dental Care

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Post-Op Care for New Partial or Complete Dentures

New dentures require a period of adjustment. For the first few days, you should wear your dentures for as long as possible and chew soft food in small bites. Remember dentures do not have the same chewing efficiency as natural teeth and may affect food tastes.

Sores

It is not unusual for sore spots to develop in isolated areas of the mouth. These can be relieved easily at follow-up appointments. By wearing the denture as much as possible will greatly aid in locating the exact location of the area causing the sore.

Cleaning

- Dentures need to be cleaned every morning and every evening. Bacteria, plaque and stains will build-up on your denture if not properly cared for. Brush your denture with a denture brush and toothpaste. Rinse with water and store in a denture container in water.
- Do not wear your dentures or partials to bed. It's important to allow your gum tissues and jaw bones to rest in order to prevent further tissue irritation or infection.
- Over time the bone in your upper and lower jaw will change requiring adhesive or a reline. The teeth on the denture may wear or chip as well. For this reason an annual check of your tissues and denture is recommended.

Speaking

It is common for patients to have some difficulty speaking with a new pair of dentures. A common pronunciation problem is with words containing "s" or "f" sounds. It's helpful to practice this in the mirror or swallow before speaking which will set the denture in place before speaking.

Saliva

Saliva is very important to wearing the dentures: it helps the denture to adhere to the underlying tissue, cushions the gums from chewing pressures, and helps swallow food. When you first begin wearing the denture you may have excess saliva- this is natural and will balance out in about a week.

Dental Exams

To help maintain your dentures and your oral health, annual dental visits are important. These visits will allow us to examine your oral tissues and the fit of your denture, which can change with time as the ridges supporting the dentures, continues to change shape.