



Denture Delivery (not for immediate dentures)

1. You will experience some discomfort with any new denture for a few days. All new dentures need several adjustments to completely and comfortably fit your mouth.
2. You should take the dentures out every night and keep them in a clean container filled with water or denture cleaning solution. Your gums need to rest and be without the dentures every day for a period of time.
3. Clean dentures thoroughly with a brush and water before putting them back in your mouth.
4. It may be difficult to talk normally with the new dentures for a few days. One way to practice is to read a book or newspaper out loud for a period of time every day. Your tongue and muscles will get used to the new dentures and you will talk normally very soon.
5. Call our office if you are experiencing pain, discomfort, or if you have any questions.

More information (including immediate dentures)

Congratulations on your New Dentures! The time has come for you to be wearing a new denture. Please be reminded that your mouth will be going through changes while you are adjusting to your new teeth.

Having a denture in your mouth can be overwhelming at first. You will probably notice additional saliva in your mouth. Saliva is increased to aid the eating process & having a new foreign object in your mouth will promote saliva stimulation.

It may take a couple of weeks for your mouth to realize the denture is now part of you. In most cases, a lower denture will take longer to adjust to than an upper denture will. Even with the “perfect fit”, the shape of the lower gums usually prevents suction, so a lower denture feels looser than an upper denture. After the dental extraction sites have healed (2-6 weeks), you may require a denture adhesive paste or powder (such as Polident) to help stabilize your denture. This can be purchased at most pharmacies. Patients generally have fewer problems with the upper denture. In some cases, a feeling of fullness in the roof of the mouth may cause some gagging at first. This declines as the mouth realizes the denture is not a foreign object but is now part of you. Certain sounds may be hard to pronounce when you first get your denture. Some people find it helpful to read out loud to themselves for the first few days to train their speech. Over time your speech will improve. You may require multiple visits with your denture

technician to have the denture adjusted over the first few months while your tissues are adjusting.

Immediate Dentures

An Immediate denture is defined as a denture that is placed immediately following the extraction of one or multiple teeth. Do not remove your immediate denture during the first 3 days. (Keep it in even while you sleep) Let your denture act as a bandage during the initial healing of the surgical area. If the denture is removed during this period, the gums may swell and making it hard to get the denture back in place.

Pain

Take your pain medication as directed. It is helpful to take the first dose as soon as possible so it is in your system before the anaesthetic wears off. Research has shown that it is more effective to take pain medication regularly as directed, instead of trying to wait until you really need it. It can also be helpful to apply an ice pack to your cheeks for the first few hours: on for 20 minutes, off for 20 minutes. Drinking cool liquids can offer some relief as well. If you follow these directions, often after the first 36 hours milder pain medications alone will be strong enough to relieve any discomfort. It is recommended to schedule a 1 week follow up appointment. The denture will be removed, and the site checked for healing and possible adjustments made to the denture.

Diet

It is very important to maintain good nutrition during the healing process. It is especially important to drink plenty of fluids. A soft diet may be necessary for the first 2-3 weeks. During the first 24-36 hours you need to eat food that does not require chewing. Some suggestions are thin oatmeal, cream of wheat or grits, juices, blended drinks and shakes, milk, yogurt, soups, pureed meats and veggies, such as baby food, and meal replacement drinks such as Ensure and Carnation Instant Breakfast.

After the first and second day you can slowly increase the consistency of the food. In addition to the foods above, consider soft foods like small pastas, well-cooked carrots and green beans, mashed potatoes, creamed vegetables, soups, well-cooked fruits (no seeds), canned fruits, scrambled or soft-boiled eggs and chopped meats. Cut your food into small pieces and eat slowly.

Eating with a denture is very different from eating with natural teeth. You may find it helpful to put food on both sides of your back teeth and chew straight up and down. Biting or tearing food

off is generally better done at the corners of the mouth instead of the very front as is common with natural teeth. However, it is hard to predict exactly what biting and chewing movements will be best for you because they vary widely from person to person. You will soon learn what works best for you. Be patient with yourself.

Clean the rest of your mouth and any remaining natural teeth as usual. Keeping a clean mouth can aid the healing process. Do not spit forcefully during this time or the denture could become dislodged. If you need to remove liquid from your mouth, let it drool out gently over a sink. Starting from the day you remove your denture for the first time (after 72 hours of wearing your denture), rinse it out after every meal or snack, and then place it back in your mouth. For the first 3 days, always keep your denture in. Avoid mouthwashes the first 3 days unless prescribed by your dentist; some mouthwashes may slow the healing process. You may use a denture brush to clean your denture daily. Once a week soak the denture in Polident or any other type of denture cleaner. Toothpastes made for natural teeth are too abrasive for the denture materials and should be avoided. However, after healing has occurred, a soft toothbrush with toothpaste is helpful when cleaning the gums where the denture rests. Your tongue should be cleansed as well as it harbours many of the germs that cause bad breath.

Adjustments and Bone Changes

Return visits to your denture technician/dentist/denturist may be necessary. While healing is taking place the gum tissues and the bony ridge will shrink and the denture may become loose. This is normal. A soft liner may be placed to make the denture easier to wear, first time free of charge. After one free application of soft liner if another is needed it will be billed to insurance if covered or billed to patient. Adjustments of the bite will be needed. After approximately 1 year a hard liner will need to be placed in your denture as your gums have changed due to healing. The liner will allow a better fit and create the proper retention to keep the denture in place. Never adjust your denture yourself; a minor alteration might be very expensive to correct. As with all the work done in our office, please call us if you have any questions and/or concerns.

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