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### WHAT TO EXPECT WITH DENTURES

New dentures will feel strange in the mouth for a few days. The mouth may seem too full. This sensation will pass in a few days.

There will be an increased flow of saliva until the oral tissues accept the dentures. Any foreign object produces salivary flow.

Speech difficulties are overcome by practice. Read aloud for practice.

Learning to chew requires time and practice on the patient.

Soft foods cut into small pieces or crisp foods cut into small pieces are satisfactory for consumption during the learning process.

Sticky foods tend to lift the denture out of place.

Thick pieces of meat are hard to shred. Meats should be sliced thin to aid chewing proficiency.

If the patient can keep food on both sides of the mouth at the same time, the lower denture is not as likely to tip. This may be impossible for the patient as one usually chews on one side.

Biting is different with dentures than with natural teeth. The denture patient should push inward and upward to help break food apart rather than pulling downward and outward as with natural dentition.

Learning to eat may require several weeks.

Soreness may develop under the dentures and require adjustments.

Some periods of rest for the mouth should be arranged.

The dentures should be cleaned with a brush and detergent cleansing agent.

The patient should place a wash cloth in the basin or partially filled basin with water and hold teeth just above the water or cloth when cleaning the teeth. This will minimize the chance of breakage if the teeth slip out of the patient's hand during brushing.

The use of denture adhesives is usually contra-indicated. The patient will feel insecure when he/she leaves the adhesives out of the denture.

Home reliners should not be used as they can cause harm to underlying tissues due to pressure and mal-occlusion.

Patients wearing dentures should return for periodic examinations as the tissues change in time.