

# Life with Dentures



Practice speaking

## Adjusting to new dentures

Now that you have your new dentures, here are some suggestions for living comfortably with them.

Some temporary problems are a normal part of adjusting to new dentures. However, with time and practice, you will make the adjustment to dentures and be eating and talking with confidence.

## Regular dental visits

Plan on regular visits to our office so we can monitor the health of your mouth and the fit of your denture.

We will also let you know when it is time to adjust, reline, or replace your denture.

## When to call us

Call us if your bite feels uneven, your dentures become loose, you have persistent discomfort, you have any gagging that persists beyond the initial adjustment period, or if you have any questions or concerns.

## Chewing and eating

For the first few months, while you are learning to chew with your denture, start with soft foods, then gradually add more variety. Continue to eat a healthy diet, including plenty of fruits, vegetables, and proteins. To make this easier, cut your food into small bites.

Bite into foods with the side teeth, not the front teeth. If your denture tips when you chew, try keeping some food on both sides of your mouth to help balance the denture.

Occasionally, small pieces of food will work their way under your denture while you eat. Simply remove your denture and rinse it with water. To protect your denture, avoid chewing ice or other hard objects.

## Speaking and staying comfortable

You may have difficulty speaking for a short while. If this happens, practice by reading aloud in front of a mirror until you are comfortable. You can also try speaking more slowly and quietly.

While your mouth gets used to the new denture, it may seem bulky, you may notice increased salivary flow, and your tongue will feel crowded. These sensations should pass with time. An upper denture causes some people to gag. Call us if this continues beyond the initial adjustment period.

## Cleaning and using adhesives

Clean your mouth and denture daily. We will give you complete instructions.

Denture adhesives are often not necessary with dentures that fit well. If you would like to try one, ask us about the best kind for your situation. If you do choose an adhesive, it is important to apply it to clean dentures and to thoroughly remove it every day.

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