



What to Expect with **Your New Denture**

A new denture is like a new pair of shoes.

It may take some time to wear it in and for your mouth to get used to it. The muscles in your tongue, cheeks, and lips will eventually figure out the appropriate positioning.

You will need to relearn how to speak.

This may take a couple of months. Practice by reading aloud at home with your new denture.

You will need to relearn how to eat.

Start with a softer diet. Eat tougher foods as you become more comfortable.

Adhesive may be necessary to allow for maximum function.

Over-the-counter denture creams and powders work differently for each person. Experiment and find what works best for you.

Follow-up adjustments may be necessary.

Sore spots are generally easily fixed but are not always obvious before you have started to use your denture.

You will salivate a lot initially.

Your mouth will eventually understand that your denture is not food. This will take a few weeks.

Your gums and bone will continue to change.

This makes an initially tight-fitting denture loosen with time. It will need to be relined or eventually replaced. This will vary from patient to patient.

Generally speaking, the lifespan of a denture is 7 – 10 years.

On the back of this card, you will have information on proper home care to ensure your denture lasts as long as possible.

**If you need answers beyond what this handout can provide you,
call or text the office at (585) 360-0202.**



Home Care Instructions for **Your New Denture**

Things You Should Do:

- You will need to clean your denture daily.
 - Plaque and tartar will build up, just as they do on teeth.
 - Denture cleanser tablets in warm water can help loosen plaque and tartar on the denture.
 - Clean your denture with a toothbrush and soap once daily.
- Rinse your mouth and denture after meals.
- Keep your denture away from pets! Dogs love to chew on these!
- Contact us if the denture hurts when being worn or if it is uncomfortable.
- Bring your denture with you to any appointment at our office.

Things You Shouldn't Do:

- Don't make adjustments or repairs yourself. Irreversible changes may cause the denture to be unusable.
- Don't use boiling water, a microwave, or a dishwasher to clean it.
- Don't use toothpaste or baking soda to clean your denture.
- Don't wear your denture at night. Your gums need to breathe. Fungal infections are commonly seen in patients that wear their denture at night.
- Don't let your denture dry out. When not in use, keep it in your denture case with enough water to soak it.

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