

## **RECOMMENDATIONS FOR FIRST TIME DENTURE WEARERS**

Congratulations on your decision to improve your overall health through new dentures! We are always here to help you through the process. There are some recommendations we have to make the transition a little easier!

The key to experiencing success in wearing a denture depends on you having a **positive attitude** more than anything else. If you approach wearing dentures with **realistic expectations** coupled with a **strong determination**, you will experience increased comfort and success quickly.

A few recommendations from our family to you:

- ✓ Learning to wear dentures takes a fair amount of time. Initially they will feel big and bulky, like they do not fit in your mouth. Do NOT become discouraged. Also, avoid listening to friends and relatives who tell you how easy their experience with dentures was. It is quite likely that they have forgotten their initial difficulties over time.
- ✓ Please remember that the **Upper Denture** covers the roof of your mouth. This will affect your ability to swallow and taste different foods. **Dental Implants** can help improve stability and open the roof of your mouth again.
- ✓ A **Lower Denture** takes significantly longer to get used to compared to an upper denture. Your tongue may feel like it does not have quite enough space. Over time, it will feel more normal to have the denture in place. Lower dentures tend to have significantly less stability and tend to move more often, compared to an upper denture. Most patients who experience stability with lower or upper dentures choose to have **Dental Implants** placed to help hold the denture in a stable position. If this is something you are interested in, we would be happy to discuss these options with you!
- ✓ Please remember that the denture teeth are not like your natural teeth. While your tendency may be to eat large bites, it is important to remember to take small bites. The way the teeth bite and feel tend to be different on the denture compared to natural teeth. We recommend cutting all foods into small, easy to manage portions and to take your time when eating. Starting with soft foods helps ensure a smooth transition to a more normal diet later.
- ✓ A common recommendation we hear from patients is to divide each bite of food into 2 equal parts and to eat with both the left and the right side at the same time. This quite simple yet effective recommendation ensures that the pressures on the jaw are equal from side to side and reduces the chance the denture will rock or slip.
- ✓ As you wear the denture(s) you will experience some sore spots. Some disappear with time, whereas others will require an adjustment to the denture. **Please call for an appointment first before coming in for a denture adjustment visit.**
- ✓ One of the keys to developing normal speech patterns is to practice speaking with the dentures in. Our recommendation is to stand in front of a mirror and speak certain phrases very slowly, crisply, and deliberately with an emphasis on enunciation of each word very clearly. Choose phrases that are humorous to you. These will help you to overcome any changes to your speech patterns faster. An example of a good phrase is:  
  
"Five Fat French Fries Ate Five Fat Firefighters on Friday."
- ✓ It is important to clean your denture after each meal, making sure to wash and brush them. This helps to prevent "denture breath" and helps keep food from packing under the denture.
- ✓ Please remember that if you have recently had your teeth removed you should expect significant changes to your gum tissue (including shrinkage). Majority of the changes take place in the first few months and will slowly continue throughout life. When your denture becomes loose, you may need to reline them or seek replacement options.

Remember to please give yourself time and be patient with yourself and with us. We are always here for you! Thank You,

**From the Staff at Immediate Smiles Dentures & Dentistry**