



Intructions that will help You to get used to Your new denture

It will take some time and patience to get accustomed to your new denture, particularly if it is your first one. Because of some difficulties at the beginnig, patients feel disappointed and don't wear new dentures. Complete denture will not feel like your natural teeth did when you had them but it will become comfortable and functional with time.

Due to changes that happen in their mouth, some patients have some difficulties in their speech. It is helpful to read newspapers out loud so buccal muscles and tongue can get used to the new situation. You will quickly adapt with practice and soon you will find that you can not speak properly without your denture.

Eating with new dentures takes practice as well. The important thing to remember is that you should not bite off food with your denture as you did when you had Your natural teeth. Always cut your food into small pieces for more effective chewing. Start with soft foods and gradually introduce harder foods. Chew on both sides of your mouth at the same time to stabilize your teeth. You should avoid sticky food that lifts your denture from the mucosa. All patients however do improve with practice, time, and a bit of patience.

After each meal You should remove the denture and wash it with brush and detergent, and brush Your natural teeth with toothbrush and toothpaste. After that, rinse the denture with water and put it back in mouth. If there is a lot of calculus (tartar) on your denture, you can remove it by leaving your denture one night in solution of white vinegar and water. But that is not recommended to do very often.

At first, you may want to consider wearing your dentures all the time, even at night, to adapt to them more quickly. After you have become accustomed to them, you should take them out at night and follow a good cleaning routine. It is not recommended to wear your dentures during sleeping. Remove it, wash and put in glass of water over night. You can also put special disinfecting tablets or solutions in water.

New dentures can make small wounds on soft tissues in your mouth during first few days of adaption. This is normal appearance and your dentist can easily help you with this problem. You can help yourself by rinsing your mouth with sage or chamomile tea or solution of chlorhexidine.

If your new denture is a bit loose, you can attach it with denture adhesives. That can happen during the adapting period or in case of big resorption of jaw bones.

It is normal for patients to visit their dentist few times during adapting period.

In case of fracture or teeth falling out from the denture, you should visit your dentist. Do not try to fix a broken denture yourself, it has to be done precisely by a dental technician in a laboratory.

Optimal durability of dentures is approximately 5 to 7 years. Material which they are made off can last even longer but the artificial teeth can wear off. With years material also can get porous and there is a bigger possibility of bacteria and fungus accumulation in that pores, that can cause inflammation of soft tissues in mouth. There are a lot of changes in jaw bones and mucosa underneath the dentures and with time, they don't fit perfectly anymore. If you wear your old dentures that don't fit properly for a long time period, there

can be changes in your lower face appearance, and damages in your temporomandibular joint.

You can prolong the durability of your denture:

1. Do not over exert you denture by chewing hard food
2. Use cutlery to make smaller bites
3. If your denture becomes loose – visit your dentist so he can perform underlaying of the denture
4. Clean your denture after every meal
5. Do not fix a broken denture yourself, it has to be done precisely by a dental technician in a laboratory