



Jakubas Dental Clinic
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Denture Information for Patients

Sore spots may develop at any time. They may appear the first day, or sometimes much later. Return to the clinic to have your denture(s) adjusted while your mouth is still sore. Do *not* attempt to adjust them yourself because your denture(s) can very easily be made worthless by a do-it-yourself adjustment.

Do not expect your denture(s) to feel comfortable at first. The lower denture usually does not have as good retention as the upper. Since the muscles of the cheeks, lips and tongue will tend to displace your denture(s), do not develop the habit of displacing them with these muscles. Rather, train these muscles to assist in keeping your dentures in place.

Do not invite criticism of your denture(s) until you have worn them several weeks. Also do not let comments about your denture(s) discourage you. After you have become accustomed to wearing them, you will feel much more self-confident.

Patience is required to learn to eat with your denture(s). At first, limit your diet to soft foods that are easy to chew. Gradually learn to eat foods that are more difficult to chew. Take small bites and chew slowly, trying to overcome the difficulties as they appear. Learn to chew on both sides of your denture(s) at the same time. When biting into hard foods such as apples or corn on the cob, press backwards against the front teeth when closing. Do not attempt to break off a bite of food as can be done with natural teeth.

Learning to talk with your dentures in place requires practice and perseverance. Reading aloud is a very helpful method of learning to pronounce words distinctly. Practice those words or sounds that seem to give you the most difficulty.

Do not be alarmed at the greater amounts of saliva in your mouth the first few weeks of wearing your denture(s). This condition will correct itself as you become accustomed to wearing them.

It is preferable that you do **not** wear your denture(s) at night. When you leave them out, place them in a glass of water.

Shrinkage or resorption of your ridges is a normal occurrence. This results in a loosening of your denture(s) and perhaps a change in facial expression due to a settling of the denture(s) on the ridges. Sometimes you will notice these changes within a few weeks. In some people it may not occur for many months or even a year or more. Changes in your ridge are beyond the control of the dentist and if it becomes necessary to refit or remake your denture(s) to correct for this change, an additional fee will be charged.

Do not expect your denture(s) to function as your natural teeth. Dentures are a substitute replacing missing teeth. Learn to know the limitations of your denture(s) and adjust your living habits accordingly.