Instructions to patients receiving dentures

Certain difficulties that will be encountered and various factors related to the care of dentures should be explained to the patient before they have worn their new restorations. It is much better to for worn a patient of probable difficulties as opposed to have them encounter the problems and erroneously relate it to the “fit of the dentures’. Some of the things which should be discusses with your care:

1. New dentures will feel strange and bulky in the mouth. They will cause a feeling of fullness in the lips and cheeks.
2. There will be an excessive flow of saliva for the first few days until the glands of the mouth become adjusted to the presence of the dentures.
3. Speaking normally with dentures will require practice but usually is not a great problem. Practice reading out loud and repeat any words or phrases that are difficult to pronounce
4. You will be much more aware of small problems in speech sound than anyone else
5. Learning to chew well with dentures normally requires 6 to 8 weeks
6. Begin chewing relatively soft food that is cut into small pieces. If the chewing can be done on both sides at the same time, the tendency of dentures to tip will be reduced.
7. Anterior teeth are placed in a denture for esthetic purposes, not for function. Posterior teeth are placed in a denture for functional purposes. Chewing food is accomplished with the posterior teeth. Incising of food is accomplished in the pre-molar area.
8. When incising with dentures, the food should be placed between the teeth posteriorly to break it apart rather than pulling downward and outward as you would with natural teeth. This produces an inward an upward force which tends to seat the dentures on the residual ridges rather than displace them.
9. To gain a great deal of control over the dentures results in manipulation of the tongue, cheeks and lips. If you have become accustomed to old dentures over a long period of time, new habits will need to be formed with a new set of dentures.
10. When a patient has gone without dentures for a long period of time at first he/she will be able to masticate better without dentures than he/she will with his/her new dentures in the mouth. However he/she must leave the dentures in while chewing to learn how to use them. Eventually, he/she will begin to masticate better with the dentures as opposed to the edentulous condition.
11. It is usually easier for a patient who has not worn dentures for some time to become accustomed to them quicker than it is for a patient who is used to wearing dentures all the time and gets a new set.
12. The dentures move on the tissue and soreness will usually develop for varying periods at different locations in the mouth. You must return so the dentist can adjust the dentures or the way the teeth meet to correct the soreness in the mouth. You should never attempt to adjust the dentures themselves.
13. It is essential that the patient returns for an adjustment. At this time the denture bearing tissues will be examined for irritation, over-extension, and occlusion problems. The patient must wear the denture for several hours prior to the appointment.
14. Dentures should be left out of the mouth at night to give the supporting tissue a rest.
15. When dentures are left out at night they should be placed in water in a closed container to prevent drying and possible dimension changes. Keep out of reach of pets. If a soft liner has been placed in the dentures it should be placed in a humid environment created with wet gauze or paper toweling and the lid to the container closed.
16. Dentures should be thoroughly brushed after every meal. The dentures should be removed from the mouth and brushed with a soft brush using soft clear soap. If a detergent is used care must be taken to rinse the denture thoroughly after being cleaned. Special toothpaste are available for dentures which contain less abrasive agents.
17. Dentures should be brushed over a basin that is partially full of water or over a wet wash cloth to minimize chances of breaking the dentures should they slip out of the hands
18. Some patient’s tongues (approximately 35%) normally rest in a retracted position in relation to the lower anterior teeth. Such patients should attempt to learn to position the tongue further forward so that it rest on the lingual surfaces of the lower anterior teeth. This position helps develop stability for the lower dentures.
19. The use of denture powders or other adhesives is almost always contraindicated with new dentures. A patient who begins using these materials will soon feel insecure without them. The adhesives often create too much retention and the forces developed can cause damage to the supporting tissues. Home relines should never be used. They may do irreparable damage to the residual ridges in a short period of time.
20. Patients who wear dentures must have routine dental examinations the same as any other person. Tissues under dentures change with time depending upon many factors, the general health of the patient being one of the most important. Dentures become ill-fitting and can damage the supporting tissue without the patient being aware that anything is wrong. Lesions can develop in the oral cavity that may or may not be associated with the dentures. All edentulous patients should be examined by a dentist at least once a year.
21. For patient with implants, the implants should be treated as natural teeth, they should be brushed and flossed on a daily basis.
22. Dentures should not be soaked in water with bleach. Bleach will destroy the natural colors of the denture base and teeth.
23. Do Not soak your dentures overnight with cleaning tablets. We recommend only a 10 minute soak. Leaving them in the solution can make them discolor and become brittle. Please leave your dentures in water over night.
24. Make sure your cleansing tablets say safe for partial dentures.