

New Dentures – What to Expect & How to Care for Them

Adjustment Period

- Every patient adjusts differently; new dentures require **time and multiple visits** to fine-tune.
- Your mouth must adapt to new pressures and sensations, even if you've worn dentures before.

Sore Spots

- Expect sore areas within **24–48 hours**; an adjustment appointment will be scheduled.
- Do **not** adjust dentures yourself.
- Dentures settle on soft tissues, so several adjustments (often 3 or more) may be needed.
- If soreness is severe, remove the dentures but **reinsert them 12 hours before your appointment** so pressure areas can be identified.

Immediate Dentures

- Placed the same day teeth are removed; bone changes for up to **one year**.
- Liners may be needed as healing progresses.
- A final relines or new denture may be required once healing stabilizes.
- Visit your dentist whenever dentures feel loose or sore.

Chewing with New Dentures

- Learning to chew may take **6–8 weeks**.
- Start with soft foods; introduce harder foods gradually.
- Take small bites and chew slowly.
- Chew on **both sides** to keep dentures stable.
- Place food toward the corners of your mouth, not between the front teeth.
- Train your tongue to rest against the lower denture to help stabilize it.

Speaking with New Dentures

- Speech improves with practice.
- Reading aloud helps retrain tongue movements.
- Practice words that feel difficult.

Increased Saliva

- Extra saliva is normal for the first few weeks and will decrease as you adjust.

Oral Hygiene

- Clean dentures **daily** with a brush, soap, and water (no toothpaste – it's abrasive).
- Clean over a sink filled with water or a towel to prevent breakage if dropped.
- Keep dentures out **8 hours per day** to let tissues rest.
- Soak dentures overnight in powdered cleansers (e.g., Stain Away Plus, Kleenite).
- Ultrasonic cleaners can be used with denture cleansers.
- Brush remaining teeth or gums daily.
- Rinse mouth and dentures after meals.

Longevity of Dentures

- Dentures and oral tissues change over time; dentures do **not** last forever.
- Have your mouth and denture fit checked **yearly**.
- Bone shrinkage (ridge resorption) is normal and may loosen dentures or change facial appearance.
- Relines or new dentures may be needed; fees apply.
- Never attempt to repair or adjust dentures yourself.

Limitations

- Dentures function at about **25%** of natural teeth.
- Learn their limitations and adjust habits accordingly.
- A positive attitude and patience make the transition easier.

General Notes

- Contact your dentist with any concerns about soreness, looseness, or difficulty chewing or speaking.
- You are responsible for costs if instructions are not followed.