

Adentaloffice.com

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Thank you for allowing us to provide you with your denture treatment.

The following will explain many common experiences after new dentures are placed.

Please note that 3 months post insertion care **IS** included with the cost of the denture.
(However, **relines, rebases and tissue conditioners are NOT** included)

New dentures often need to have the height of the teeth and the shape or thickness of the base changed to compensate for the shrinkage of your ridges and wear of the teeth. Also, new dentures often reposition the teeth to improve the look of your smile and this can place pressure on your gums very differently than you have been used to. It can take approximately **6 to 8 weeks** on average to adjust to new dentures. These changes can result in the following common issues, if any of these or other difficulties arise and persist please let us know and we will do our best to address them as quickly as possible:

Sore spots: It is very common to have sore areas develop within several days of wearing new dentures as your gums learn to accept the new denture, the soreness will often clear within several days. A salt-water rinse of your mouth several times a day will help heal any open ulcerated spots. If necessary, rest the dentures out of your mouth until you are able to visit us for an adjustment appointment.

Tongue/ cheek biting: The muscles need time to recognize the new shapes in your mouth. In the beginning slowly dissolving a hard candy can help the muscles adjust to the dentures while being somewhat distracted away from the teeth.

Speech changes: The air may flow through your mouth differently than you are used to. Your tongue also needs time to adapt to the new positioning of the teeth. The more you can talk, sing, and read out loud etc. the faster your speech will clear.

Increased saliva: When a new denture is placed in your mouth your body sometimes sees it as a foreign object and will increase your saliva to try to wash the denture out of your mouth. If this occurs, it usually only lasts a few days.

Jaw joint feels tired: The new denture can cause the facial muscles and jaw joint to close with different pressure than you have been used to. Rest the dentures if needed and massage the facial muscles by hand and/or use warm compresses to reduce the tension.

Tooth size seems larger: Often old denture teeth can wear themselves very short. You gradually become used to the way this looks and feels. New teeth instantly restore many years of wear and appear to be larger than what you are used to. A new tooth will also restore some facial support that may make the lips appear fuller adding to a more youthful appearance.

“A mouth full of marbles”: Many people say new dentures feel like “a mouth full of marbles”. Your muscles need time to gain control over the dentures in the coming weeks. Dentures always

have a certain amount of movement as they free float on your gums, they can't pinch the gums to hold on. A bottom denture seldom gets any suction and is more prone to movement from your tongue, floor of mouth and cheeks. Applying too much force on a top denture may cause it to lose its grip more easily.

Eating with new dentures: It is wise to eat a regular diet with a choice of softer foods for several days. Try to avoid hard eating foods such as nuts, sticky foods, whole apples, corn on cob etc. at first as these may overwhelm your gums and make them more tender.

Dentures should be removed at night: It only takes a short period of time wearing dentures to squeeze gums flat and slow the blood and fluid circulation underneath. A proper rest period of at least six hours overnight is needed to maintain your oral health long term. Bone can be damaged and shrink more quickly when artificial denture pressure pushes on it for very long periods. Gums can become inflamed, irritated and more prone to sores, or overgrow in areas that are not rested daily. Bacteria in your saliva can get trapped between your denture and gums and multiply causing redness and irritation. Massage your gums all over after removing your dentures at night and first thing in the morning with a clean finger, soft cloth or soft toothbrush. This helps to restore the circulation and fluid in the tissues and remove trapped food particles and bacteria. If you experience jaw joint pain regularly when not wearing your dentures let us know and we can suggest alternative rest methods for you.

Cleaning your dentures should be done after every meal and at bedtime. Remove your dentures and rinse your mouth with water. Fill a sink with water or place a towel in the sink while cleaning in case you drop the denture. Use an appropriate denture cleaning brush to remove any large food debris. At night they can be soaked in an over-the-counter cleaner by following the product instructions to keep the teeth clean and fresh. Do not use bleach to clean the teeth as it may discolour the acrylic over time. Do not use toothpaste to clean your denture as it is too abrasive for the acrylic teeth. Your dentures should always be kept in water when not in your mouth as the acrylic can dry out and change shape slightly.

General Information: Dentures are made of high quality acrylic but can still break if dropped on a hard surface. It is possible to crack or break a denture or tooth if too much pressure is applied to the denture or inappropriate foods are eaten. If this occurs typically a quick repair is all that is needed. Keep your most current old denture to wear as a spare in case you ever break or lose your current denture.

An average serviceable denture lifespan is approximately 5 to 7 years. Dentures are relined on average every 3 years. Damage to bone and gums may occur from old ill-fitting dentures without causing any noticeable discomfort. We recommend a yearly checkup to help detect any denture or oral changes before they become difficult to manage. Servicing and replacing your dentures at appropriate intervals is the best method of ensuring many years of pleasing looks and a comfortable healthy oral environment.

Due to the uniqueness of each of our mouths and bodies (like a fingerprint) we all experience things differently. With varying bone and tissue types, contributing overall health factors, psychological aspects and expectations, tissue and pain tolerances we cannot reliably predict how your mouth will respond to new dentures, further we cannot guarantee results as there are too many variable factors that are out of our control. If you experience difficulties we may have alternative techniques or materials to attempt if needed.

Partial Dentures

A partial denture requires more maintenance. A partial is designed to sit passively around your natural teeth. As your gums shrink over time and teeth migrate slightly the partial can rock or rotate on your gums. If you feel excessive denture movement over time, persistent pressure, wedging or aching of any of your real teeth please have your partial adjusted to relieve the stress.

What to Expect: The partial may feel snug at first. It may be helpful to practice inserting and removing the partial in front of a mirror. Use your finger pressure to fully seat the partial. Avoid biting it into place as it may scrape your natural teeth and bend the metal components causing it not to work correctly. Natural teeth have a tendency to shift slightly in the bone over time. If the partial is not worn regularly it may not fit back around your teeth in as short a period of time as a few weeks.

Oral hygiene: Partial dentures are prone to having food stick and stagnate around their components and bases. This causes an increase in plaque and bacteria build up. Brush your teeth after every meal, floss regularly and see your dentist for check-ups and cleaning for long-term denture success and oral health. Visiting us on regular six months to one-year intervals allows us to adjust the components or reline the base to keep the partial current with your ever-changing oral environment. (Please note that relines are not included in the price of the partial dentures. They will be billed as a separate cost.)

Implant Retained Dentures

Oral hygiene: Implants should be cared for as if they are real teeth. Brush the components regularly with a soft toothbrush and use large diameter floss around each abutment neck gently at the gum line to keep them clear of plaque and calculus (tartar).

Loose dentures: The clip components in the denture naturally wear over time causing them to lose their grip; many manufacturers expect them to need changing at approximately one year of wear. Over time the gums may shrink and the denture becomes more mobile. Implant retained dentures can require relining to correct for bone/tissue changes.

Maintenance: It is very important to have your implant denture examined and serviced regularly to ensure a stable bite and retentive fit that will not over-stress the components or pins in the bone. We recommend a yearly checkup. Follow all instructions given by the dentist who placed the implants. Also follow any denture cleaning product instructions for use with implant components. Some cleaners may affect the properties of the implant clips in the denture.

Please call us if you notice excessive movement, the gums around implant pins becoming inflamed, pain or pressure around any implant, or see any discharge from the gum line.