

LIFE WITH DENTURES

Each person will have a unique experience wearing dentures. Dentures are a prosthesis designed to replace your missing teeth. Just like any prosthesis, there will be limitations and a learning curve. At first you will need to concentrate wearing your dentures and then your dentures will become second nature. Don't become discouraged. Your friends and relatives may tell you how "easy" their experience was adjusting to dentures. Each day will get better. Remember that we are here to help.

When learning to eat with your denture, start with soft food like mashed potatoes, soups, pudding, yogurt, and scrambled eggs. Move on to soft textured foods like steamed vegetables, stew, or pasta. You may wish to over-steam to soften your food at first. To control your denture while eating, cut your food in small portions, and place food to chew on both sides of the mouth at the same time.

If your speech seems slurred at first, a little practice will correct this. Practice reading out loud while wearing your dentures. The more you speak, the sooner your brain, mouth, and tongue will adapt.

Most people readily adapt to the upper denture because it is retained by suction. It will take more time and practice to adapt to the lower denture. Your tongue may feel restricted and confined at first but will soon become accustomed to having the denture in place.

If you develop sore spots as you wear your denture, you will need to have it adjusted. Denture sore spots will not get better with time. They are an indication that the denture needs to be adjusted. If you need an adjustment, please call for an appointment so we can address the issue as soon as possible.

Just as we clean our teeth after meals, dentures also need to be cleaned a few times a day. After meals, you may need to rinse, or use a denture brush and warm soapy water. Never use water hot to the touch, or bleach. Only use denture paste recommended for dentures (toothpaste will scuff the denture finish). Your dentures should be soaked in water or an approved cleaning solution overnight. Your gums need time without a denture in place to maintain good gum health. If you do not clean your dentures daily, the denture may develop an odor from bacterial build-up.

If your denture should need a thorough cleaning, you can call our office for a denture cleaning appointment. Our ultrasonic shaker can help remove coffee or tobacco discoloration from dentures.

Even after your first year wearing dentures, your bone ridges will continue to recontour. This happens more rapidly in the first year, but some change will occur over the years to come. You may occasionally need to have your dentures adjusted. You can call our office for an appointment.

You may be a candidate for dental implants even if you did not have them placed with your initial dentures. Implants allow you to click the dentures into place providing better stability and chewing capability. Many people find this especially helpful to stabilize a lower denture. If you are interested in dental implants to stabilize your denture, call for an evaluation appointment, using 3-D CT imaging, at no cost to you.

Thank you again for choosing Dentures Plus Implant and Dental Center of Kansas!