

# Life With Dentures

Life with dentures can certainly be a new experience for most people. By learning some basic techniques for good dental and denture maintenance however you and your dentures will experience many BONDING moments together.

Some suggestions for living comfortably with your new dentures:

- Expect issues. As your mouth adjusts to dentures both physical and psychological changes will take place. This is especially true in the beginning. As you and your mouth however get used to living life with dentures things will get easier over time
- In the beginning start with soft foods. Your gums are still getting used to the idea and may be more sensitive. Over time they will assimilate to the prospect and chewing will once again be second nature.
- Maintain a healthy diet and cut food into small bites.



- Learn to bite with the side teeth and not the front. This will help insure that the dentures stay well bonded.
- When chewing keep food on both sides to help prevent denture tipping.
- Do not be surprised if small amounts of food make their way beneath the dentures. When this happens simply remove the dentures and rinse with water.

- As you adjust to life with dentures they may initially seem a bit bulky and you may notice increased salivary flow and a sensation of tongue crowding. These sensations should pass over time.
- For a short time you may experience difficulty speaking. If this is the case, practice by reading aloud in front of a mirror until you're comfortable. You can also try speaking more slowly and quietly.
- Sometimes upper dentures can make people gag. If this continues beyond a reasonable time you should call to see if there are ways that they can be adjusted to help.
- Life with dentures does not have to mean life with denture adhesives. In many cases if the dentures fit well denture adhesive will not be needed. If you would like to try one, though, ask us about the best kind for your situation. If you do choose an adhesive, it's important to apply it to your dentures when they are clean and to remove the adhesive thoroughly every day.
- Daily cleaning is necessary. Bacteria will still grow in your mouth even when natural teeth are not present.
- Unless advised otherwise, make sure to remove your dentures every day for at least 6 to 8 hours so your gums can rest.
- Plan on regular visits to our dental office so we can monitor the health of your mouth and the fit of your denture. We will also let you know when it is time to adjust, relin, or replace your denture.
- With time and practice, you'll make the adjustment to dentures and be eating and talking with confidence.

Life with dentures does not have to be hard. As always good dental health means daily care. As long as you follow the above instructions you will notice very little change in your lifestyle. Learn to live and have fun with them. Life with dentures means endless opportunities to remove them and play pranks on the grand kids.