

Congratulations on your new smile!

Partial or complete dentures require different care than natural teeth. Carefully read the information provided in order to ensure many years of trouble free use. Should you have any questions or concerns, please do not hesitate to contact us.

Initially you may experience excessive saliva flow. This will subside in a few days as your mouth adapts to your new dentures. You may also find that your gag reflex is sensitive; sucking on a hard candy may give relief. In the first few weeks your dentures and lips may appear prominent, but after a few weeks your facial muscles will relax and your mouth will assume a more natural appearance. Learning to eat with your new dentures requires practice, patience and perseverance. You may have less biting power than before so start with small portions and chew slowly.

Plaque and tartar can build up on your dentures just like natural teeth. Poor oral hygiene can result in halitosis (bad breath) and oral infections. It is very important to brush them after each meal with a soft brush, soap and water. The safest way to clean your dentures is to fill up your basin with two to three inches of water and to clean your dentures over the basin. That way, should your dentures slip out of your hands, they won't be damaged or broken because the water will cushion the fall. Never use hot water. Stained dentures will benefit from commercial denture cleaners, which are available in any drugstore. However, never soak your dentures in a regular bleach solution. The bleach will remove the colouring from the denture base as well as the sheen from the plastic teeth. The result is an unsightly denture that cannot be repaired and will have to be remade.

Dentures should be removed every night and kept in water. This allows the tissues beneath the dentures to breathe and remain healthy.

Over time, as your gums and bone structure change you may find that your dentures become loose. The degree to which this occurs is different for everyone as every case is unique. Before resorting to a dental adhesive to hold your dentures in place, come in and see the dentist as it is likely that they need an adjustment. If you have received immediate dentures, delivered to you at the same appointment that your teeth were removed, these changes will be most dramatic during the 6 months following your surgery. It is common for patients to have their dentures relined (extra layer of acrylic added) to improve denture retention. The cost of this treatment is not included in the original denture fees. The cost of a denture relin includes both a lab component and a clinical fee.

Regular check-ups are still important, the dentist will not only check that your dentures are fitting properly, he will also check for infections and oral cancers.

It may take some time to adjust to your new dentures, but the benefits of improved appearance, better chewing ability and therefore better overall health, are well worth the effort.

Be proud of your **smile**

