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New Denture Transition and Cleaning Instructions

Transition

It is normal to find with new dentures, that your chewing is different and possibly even somewhat difficult. It will require some time and patience by you, to adapt to the changes we have made with the new denture(s), but it will improve.

To assist, it is best to cut food into smaller pieces and attempt to put food on both sides to chew. With time, your chewing ability will improve as you adapt to the changes in the tooth positioning in your dentures and your bite.

Speech may also be somewhat different for a period of time, due again to the changes in tooth positioning. Reading out loud to yourself can speed up the adaptation to the new dentures for your speech.

If you have a new lower denture, you may notice some “extra” movement of the lower denture to start with. We attempt to use all of the possible area of the lower jaw for your denture, to create a more stable and comfortable denture; however, the new extensions on the denture may be pushed around by the muscles in your mouth, until they adapt to the new extensions.

If you have a partial denture, **do not bite it into place**; seat it with your hands. Biting into place will damage the framework and/or your natural teeth!

Adjustments

It is very common to require adjustments after having new dentures placed.

If you experience a sore spot but it is tolerable, continue to wear your new denture(s) and call our office for an appointment for an adjustment if you don't already have a check-up appointment set. If you need to move up your check-up appointment, please call and we will endeavour to make it earlier for you.

Do not allow your gums to get a blister or rub raw. If the discomfort is not tolerable, remove your new denture(s) and replace them with your old dentures. Rinse your mouth with warm salt water multiple times per day to encourage healing and reduce any swelling. It is better for us if we can actually see where the denture(s) are irritating your gums, but don't let your mouth get too sore!

With Partial Dentures, **do not** continue to wear the partial denture if it is causing any pain or discomfort to your natural teeth. Contact us immediately to advise if this is the case.

On the morning of your adjustment appointment, put your new denture(s) back in and wear them for several hours before your appointment with us; this will assist us to see where the denture is causing you discomfort.

OVER

Cleaning

You should clean your denture(s) daily!

For daily cleaning, we recommend using a denture brush and liquid hand soap or baking soda. Hold your dentures with two fingers over a sink full of water; if the denture falls it will hopefully splash in the water rather than hit the sink which could cause the denture or denture teeth to break. **Do not** hold the denture in the palm of your hand because if it slips, natural instinct will be to squeeze your hand which could break the denture. For partial dentures, squeezing them will bend the framework and it will then no longer fit.

Weekly cleaning is a deep cleaning. Depending on your specific findings, you may need to do a deep cleaning more than once a week, to remove any build-up of plaque or staining on the dentures that daily cleaning doesn't remove. For deep cleaning, we recommend Nu-Dent denture cleaner, which is a powerful denture cleaner available at our office.

For the deep cleaning, soak your denture(s) in 1/2 cup of warm water with 1/3 capful of Nu-Dent, for 20 minutes or longer if necessary. Rinse your denture(s) thoroughly after soaking as the cleaner is very strong and may irritate your gums and tongue if you don't rinse it off well.

Do not soak your denture(s) in denture cleaners or bleach overnight, as this can damage your dentures and most likely lead to irritation in your mouth when wearing your denture(s).

Do not use regular tooth paste on your denture(s), as it is abrasive and will scratch your denture(s), leading to more food sticking and staining your denture(s). If you wish to use a paste instead of soap, use either just baking soda or paste made just for dentures.

Once a day you should take your denture(s) out and brush your gums, tongue and cheeks, with a regular soft tooth brush rinsed with warm water only. This stimulates the tissues underneath a denture and cleans the rest of your mouth.

Dentures In or Out at Night?

There are two schools of thought on this; one says to take them out at night, and one says to keep them in. Do what is more comfortable for you, however, the following provides you information for your consideration.

Out at Night: allows your gums to "self-cleanse" and relax from the continuous pressure from wearing dentures. However, you can close further than you should, which could lead to jaw joint damage and associated issues with that.

In at Night: will help to prevent jaw joint damage. However, the tissues in your mouth covered by the denture, do not self-cleanse or relax. If you wear your dentures all the time, then once a day, take them out and gently brush your gums with a soft tooth brush that has been warmed in water; this will stimulate the tissues and clean them off.

If you have any other questions regarding your new denture(s) and adapting to them, please call us!