

Full or Partial Denture Instructions

We believe that you will be very successful with your new full or partial denture. When you begin to wear your new prosthesis there is an adjustment period where your usual mouth functions may need to be relearned. These include chewing, speech, swallowing, appearance of lip posture, and ridge comfort. The following suggestions may help you in adapting to your new prosthesis and in maintaining it.



Discomfort

Avoid pain by starting with easy but nutritious foods to eat. Examples of a softer diet include fish, eggs, cottage cheese, cooked potatoes, oranges, and apple sauce. If you have discomfort, remove the denture, massage the painful area with your finger. Let the gums rest and then replace the denture. Continue to use your prosthesis until your next visit. If you fail to wear the denture, no sore will be visible and precise adjustments will be very difficult.

Chewing

Try to chew food with both sides of your mouth. If food is bilaterally placed, the denture will be less likely to tip. Try not to bite with the front teeth as this may cause the back end of the denture to move off the gums. Biting with the side teeth will give better stability. Holding the top denture with the tongue while chewing requires talent but this habit can be very useful.

Swallowing

Pain during swallowing may

simply require a minor denture base adjustment.

Saliva

With the stimulus of new dentures your mouth may have more or less saliva for a few days. Be patient and the flow will return to normal.

Speech

Speech is a very complicated and dynamic process involving all parts of the airway and mouth. Your denture has been constructed to meet the demands of stability and retention during speech. Fortunately, people are very adaptable and speech sounds very good at the time of delivery. If speech does not sound right to you, give it some time and normal body adaptation will resolve your concerns. Practice reading aloud. Do not focus undue attention on the process.

Cleaning

To remove food debris and bacterial plaque from your prosthesis, brush vigorously with a stiff denture brush. Use either soap without bleach and water or a com-

mercially available denture cleaning agent. Do not use toothpaste, as this is too abrasive. Wash your denture over a basin of water or a cloth. If they are dropped on a hard surface, the acrylic portion may fracture and the metal may bend.

Sleep

In general, take the dentures out for the night. This will allow the gums to rest. If this causes the jaw joints to hurt, replace the dentures and use your best judgment for comfortable sleep.

Recall

Post delivery follow-up usually requires three visits. More are available as needed. After the first year, annual recall visits are useful to monitor changes in the shape of the ridges, wear of the teeth, and general oral health. If there are problems with pain, chewing, or with wear or breakage of the base or the teeth, please make an appointment with the office at your earliest opportunity. Do not try to make any repairs to the prosthesis yourself.

Jeffery Cox, DMD
Candace Lauderdale, DMD

211 W McPherson Ave
Nashville, GA 31639

(229) 686-5525