

## Instructions For New Complete Removable Dentures

You will receive new dentures. Please read these instructions carefully as they will help answer questions you may have and help you navigate through your healing process.

New dentures are VERY hard to get used to. They typically feel much larger than the previous set, this is very normal.

New dentures are uncomfortable, they are like wearing a brand new pair of dress shoes, it will take time to break them in and you will get sore spots.

We will need to see you for a 24 or 48 hour adjustment appointment as well as several follow-up appointments to alleviate any sore spots that normally occur.

You may need 3-5 appointments or more for adjustments. This is normal. The more you come in soon after you receive the dentures the faster you become used to them. Remember, **you will get sore spots**, and the **only way to alleviate them is to see us**. Please don't hesitate to call with any questions or concerns. We will see you as much as needed...we are here to help.

Dentures are not a replacement for teeth they are a replacement for no teeth.

If you get a sore throat soon after receiving the new dentures, let us know this is telling us something specific about the dentures.

Relative to the mouth, dentures are large! The mouth is irritated by a hair, and dentures are much larger than a strand of hair. Dentures take a significant adjustment period. Expect this, be patient and you will be more successful.

It should be expected that eating and speaking may be difficult as adaptation takes place. **Please understand that learning to wear new dentures takes time. Do not become discouraged and do not listen to friends who tell you how easy it was for them.** Transition to dentures is typically **more difficult** than people remember. For the first few weeks, eat only soft foods. As you progress to more solid foods, chew slowly and evenly on both sides of your mouth. This will help you grow accustomed to managing your dentures and to the pressure you feel on your gums when chewing and biting. You may notice an increase in your saliva production. This could last for a few weeks and will diminish with **consistent** daily

wear of the dentures. If you have difficulty speaking, practice reading aloud. Feel free to call us with any questions. We are here to help in any way we can.

Try to avoid switching back to the old dentures, this can affect the fit of the new dentures.

Do not try to bite off/incise foods, such as apples or sandwiches until you have mastered chewing. This is the most difficult function to learn and will take most new denture wearers a year to be able to learn, if they are able to learn at all.

Taste will be altered if the palate is covered.

Try not to use denture adhesives.

If you suffer from dry mouth, wearing dentures can be more difficult to impossible.

To help keep the lower denture in place, do not retract the tongue to the back of the mouth, this will lift the lower denture. Try to keep the tip of the tongue behind the lower front teeth when you are not speaking. This will flatten out the tongue and will help significantly with keeping the denture in place.

You should clean your dentures daily with a soft-soap or a nonabrasive denture foam and the denture brush that we will provide for you. Do not use any soap or product that contains abrasives...it will scratch and damage your new dentures. Before you start to clean them, fill your sink up with water in case you drop them; this will help alleviate any possible damage. You should store them at night in a denture case filled with water.

Dentures are not indestructible and they can break. Be careful with them. Teeth can break, just as natural teeth can break. Teeth can debond and come out. We will repair this for you.

You will be receiving an appointment card today for your first adjustment appointment.

You will need relines of the permanent dentures every 3-5 years.

You will need the dentures remade every 7-10 years

If you clench and grind your teeth and/or do not take your dentures out at night you will need more frequent relines and remakes of the dentures.

Some patients can never adapt to dentures and will require dental implants to be able to wear dentures.

You need to continue to see us annually for a dental check-up.

Please initial and date so we know you have received and read your instructions.

Thank You,

Bradley A. Purcell D.D.S., M.S.

Sign \_\_\_\_\_ Date \_\_\_\_\_