



Suggestions for Wearing New Dentures:

- New dentures can be a trying experience for some patients. Discomfort is a common occurrence. When you begin wearing your new denture, there is an adjustment period where normal mouth functions may need to be relearned. Some symptoms you may experience are slurred speech, difficulty chewing and swallowing, excessive salivation and altered or diminished taste. Initially, dentures may feel bulky causing a feeling of fullness of the lips and cheeks. With time and patience, these feelings will subside and you will feel more comfortable and confident with your new dentures.
- Learning to chew with your new dentures will take time. Chew with food on both sides of your mouth using an up-and-down chewing motion. By doing this, the denture is less-likely to tip side to side. Start with a diet of soft but nutritious foods (fish, scrambled eggs, mashed potatoes, bananas, and apple sauce). Do not bite food with the front teeth. This will cause the denture to tip forward, causing dislodgement and irritation.
- Initial difficulty with speech may be caused by the presence of the dental prosthesis in the mouth. Again, patience is necessary during the adjustment period to allow your mouth and tongue to become familiar with your new dentures. Practice reading aloud, paying special attention to pronunciation and repeat words you have difficulty saying.
- You may experience excessive saliva flow when you start wearing your new dentures. This is a normal occurrence. Saliva glands naturally become overactive when something foreign is placed in the mouth. Any excessive salivation will likely decrease to normal amounts within a few days or weeks.
- The tissue in your mouth is very sensitive and it may take some time before they become completely adjusted to your new dentures. It is normal to experience some mild discomfort during this adjustment period. Many patients require follow-up appointments for denture adjustments during the first few weeks of wear. This is very common and is expected with new dentures. If a sore spot develops, do not attempt to adjust the denture by yourself. Call and make an appointment with your dentist. Try to keep the denture in your mouth as much as possible so the sore spot will be visible during your adjustment appointment.