

Market Street Dental
20875 North Pima, Suite 105
Scottsdale, Arizona 85255
480-563-0069

Rio Verde Dentistry
25609 North Danny Lane, Suite 2
Rio Verde, Arizona 85263
480-471-7235

WHAT TO EXPECT AND HOW TO CARE FOR YOUR NEW COMPLETE DENTURES

YOU ARE AN INDIVIDUAL

You have a new complete denture which will fit and feel different than your natural teeth or the complete denture that you have had before. As you are adjusting to your new denture, remember that no two people are the same. Therefore, do not compare your progress in adjusting to the new denture with another person. What is annoying and painful to some will not be true for others. Some people have an easier time adjusting because they have larger, stronger bone to support their denture. Disregard comments of others who may say "I never had a bit of trouble when I had my new denture made." Many people tend to forget the problems they had adjusting.

SORE AREAS WITH A NEW DENTURE

An appointment will be made for you 24 to 48 hours after insertion of your new denture. Sore areas *will* develop within this time period and it is important to find and adjust the cause of the sores. Do not attempt to adjust the denture yourself because it can very easily be made worthless by a do-it-yourself adjustment. As you use the denture, it will settle on the soft tissues. This will necessitate additional adjustment appointments as the occurrence of new sores is almost always inevitable. If you find it necessary to remove your denture because of excessive soreness, reinsert the 24 hours preceding your appointment for the adjustment. This will make it possible to see the pressure areas on the tissues and pinpoint accurately where to adjust the denture.

SPEAKING WITH A NEW DENTURE

Learning to talk with your new denture in place may require practice and perseverance. Reading aloud is a very helpful method of learning to pronounce words distinctly. Practice those words or sounds that seem to give you the most difficulty. It takes time for the tongue to learn the different positions necessary to make good speech sounds with a new denture.

CHEWING WITH A NEW DENTURE

The lower denture rarely has as good retention as an upper. Since the muscles of the cheeks, lips and tongue will tend to displace your denture, do not develop the habit of displacing it with these muscles. Rather, train these muscles to assist in keeping your denture in place. It is not uncommon for a lower denture to rise somewhat on the opposite side of chewing. This is true even if you have an implant-supported denture. If possible, learn to chew on both sides of your denture at the same time. If it rises too much, this may mean an adjustment is required and you should contact our office.

INCREASED SALIVA WITH A NEW DENTURE

Do not be alarmed at the greater amounts of saliva in your mouth during the first few weeks of wearing your denture. This condition will correct itself as you become accustomed to wearing them.

ORAL HYGIENE WITH A DENTURE

Your denture should be left out of your mouth at least eight of every twenty-four hours to allow the tissues to rest from the pressures placed on them by the appliance. Typically the best time is overnight. Failure to allow the tissues to rest can result in chronic irritation to the tissues, the development of certain fungal infections and more rapid loss of bone. (Remember that this bone is desperately needed to provide support for the in future years and must, therefore, be conserved).

It is important to clean your denture and rinse your mouth after every meal. The tissues of the mouth and tongue should be brushed daily with a soft bristle tooth brush. This provides stimulation for increased circulation and removes debris that could cause irritation and offensive odors. Clean your partial by rinsing it thoroughly with soap and water. Do not use a toothbrush as this may scratch the surface of the denture and dull it.

LONGEVITY OF A DENTURE

The assumption that a denture will last a lifetime is incorrect. Take into consideration that both the denture and tissues will change over a period of time. It is suggested that your mouth be examined and the fit of your denture be evaluated by a dentist on a yearly basis.

Among the changes that may occur is breakage of O-Rings, bars or other retentive devices incorporated in your denture or implants. In particular, O-Rings wear out and will have to be replaced on an as needed basis, usually once a year.

Shrinkage or resorption of your ridges is a normal occurrence, particularly if this is an immediate denture replacing newly extracted teeth. Following the extraction of teeth, the final remolding and shrinkage of your ridges will be complete anywhere from six to twelve months after the loss of teeth. In patients replacing an old denture, shrinkage may be noticed anytime between a few months to a year or more. During this period your partial will be lined with soft tissue re-line material to provide you with comfort. This procedure may be repeated several times.

It is important to understand that changes in your ridges are beyond the control of the dentist. Since the pattern of resorption is difficult to predict at the time of initial fabrication, it is standard to have a lab-processed hard rebasing of the partial to optimize the proper fit to your ridges. For those with an immediate denture, a lab-processed hard rebase is typically done after one year. For those with a replacement denture, a hard rebase may be done anywhere from one or more years later when needed. A lab-processed hard rebase procedure requires you to leave the denture with us for one to two days, depending on the lab schedule.

RISKS AND LIMITATION OF DENTURES

Do not expect your denture to function as your natural teeth once did. Dentures only function about 50% as efficiently as natural teeth. Learn to know the limitations of your dentures and adjust your living habits accordingly.

POST-DELIVERY PERIOD

Any follow up appointments, adjustments, soft relines, and O-Ring connectors to your new denture will be done at no charge to you for **two months** from the date of delivery. After this period, soft-relines, adjustments, and/or precision attachment replacements will be charged at the regular fee. Other procedures that are not included in the charge for your original partial include a lab-processed hard rebase of your denture. This is a procedure separate from the fabrication of the original denture and will be charged at the regular fee.

I have read this handout, understand the information presented, my questions have been answered satisfactorily, and I agree with the terms presented.

 Patient

 Date

 Doctor

 Date

 Witness

 Date

