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Denture Expectations & Care

Cleaning Your Dentures

Keeping your dentures clean is very important. Just like natural teeth, dentures can build up plaque and tartar that can irritate your gums, stain the denture teeth, and harbor bacteria and fungus.

- Remove your denture nightly
- Brush your denture with a denture brush and water, do not use toothpaste (toothpaste is too abrasive and can cause micro-scratches that harbor bacteria)
- Soak your dentures in a denture bath with a denture cleaning tablet overnight (i.e. Efferdent)
- Rinsing your denture and mouth after eating can assist in reducing the amount of plaque build up
- If you have partial dentures and/or natural teeth remaining, remember to brush twice daily and floss once a day to remove build up and prevent decay

Eating & Speaking with your Dentures

Complete dentures are supported by your gum tissue, it is normal to have some movement of the denture while eating. Practice makes perfect while getting used to eating and speaking with your new denture(s).

- You may need to use denture adhesive for increased retention. Your dentist can discuss this further with you
- Your dentures do not have the same amount of chewing power or force as natural teeth, eating will take practice.
- Start with soft foods and small bites, practice chewing on both sides of your mouth at the same time to help balance the denture
- Biting into foods will be difficult, this may dislodge an upper denture. Cutting up foods such as apples and corn on the cob is advised
- Dentures may decrease temperature sensation, be sure to check that your food is not too hot before eating

- Speaking may take some getting used to. Practice reading a book out loud or in front of a mirror
- If you are new to dentures, there will be an adjustment period. Your muscles will eventually adapt to wearing dentures so be patient
- Dental implants may be an option to increase the retention, stability and chewing function of your dentures, your dentist can discuss this further with you

Denture Sores & Adjustments

- Denture sores are common after new dentures. Should a sore area come up, please call us for an adjustment. You may require one adjustment or multiple adjustments may be needed depending on your individual situation
- Warm salt water rinses can help to heal sore areas once an adjustment has been made
- Please do NOT complete any adjustments yourself, this will negate any material warranties
- In the case of dentures that are delivered the same day as tooth extractions, we will typically see you within 24-48 hours to evaluate the fit and make any necessary adjustments
- A hard reline or refitting of the dentures is commonly needed 6-12 months after tooth extractions with immediate denture due to the healing process and changes that can occur in your gum and bone support

Routine Care

- Regular checkups are advised every 6 months if you have natural teeth remaining
- An annual checkup is advised if you have no natural teeth remaining to check your soft tissue health and the fit of your denture(s)
- Over time it is natural for the shape and support of your bone and soft tissue to change. This may alter the fit of your denture(s) and require a reline or a new denture to be made