



Tom Laster, DDS

## What to expect after receiving your dentures

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### **Full feeling**

It may take a few weeks to get used to having the dentures in your mouth. Many patients report feeling like their mouth is full, with less room for their tongue. This sensation will decrease as you consistently wear your dentures.

### **Increased salivation**

Having a new object in your mouth may increase your salivation. This will decrease as you consistently wear your dentures.

### **Sore spots**

You may initially notice sore spots where your denture touches your gums. Please call our office to schedule a quick adjustment appointment.

### **Daily cleaning**

Your new dentures will never get a cavity, but they will start to collect plaque and calculus that may stain and smell. Daily washing of your dentures using hand soap and a tooth brush is highly recommended.

### **Nightly tissue rest**

If you never take out your dentures, your gums may become sore and inflamed. A simple remedy for this is to remove your dentures before you sleep, to restore a healthy blood flow to your gums.

### **Chewing**

Chewing with dentures is not the same as chewing with natural teeth. Chewing all of your food on one side of your mouth often causes the opposite side of your denture to lift away from the gums. Our recommendation is to chew with food on both sides of your mouth at the same time. This technique is not always easy to learn and it may take weeks to master.

### **Speaking**

Speaking will be different when wearing dentures. Every denture patient needs some period of adjustment before learning how to speak normally again. Like all new skills, the key is simply to practice.

### **Balanced diet**

No matter what kind of teeth you have, a balanced diet is always important. We recommend that you keep eating fruits and vegetables. Try cutting them into small, easily managed bites before you chew.