



Ocean View Dental

Office of:

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INSTRUCTIONS TO DENTURE PATIENTS

Dentures are not your natural teeth. The following instructions will help you to get the best wear from your new prosthesis.

1. New dentures will feel strange and bulky in the mouth. They will cause a feeling of fullness of the lips and cheeks.
2. The mandibular (bottom) denture is usually much more difficult to become accustomed to than the maxillary (top) denture.
3. There will be an excess flow of saliva for the first few days until the glands in the mouth become adjusted to the presence of the dentures.
4. Speaking normally with dentures requires practice but usually is not a great problem. Read out loud and repeat any word or phrases that are difficult to pronounce. You will be much more aware of small problems in speech sounds than anyone else. Practice usually enables one to speak clearly within a few days.
5. Learning to chew well with denture normally requires at least 6-8 weeks. Begin chewing relatively soft foods that are cut into small pieces. If the chewing can be done on both sides at the same time, the tendency of the dentures to tip will be reduced. When biting with dentures, the food should be placed between the teeth posteriorly to break it apart rather than pulling downward and outward as you would with natural teeth. The inward and upward force tends to seat the dentures on the ridges rather than displace them.
6. A great deal in controlling of complete dentures results from manipulation of the tongue, cheeks and lips. If you have become accustomed to old dentures over a long period of time, new habits must be formed with a new denture.
7. If you have not had any dentures for a long time, you will be able to masticate better without the denture at first than with them. However, you must leave the new dentures in while chewing in order to learn how to use them. Eventually, you will masticate better with dentures than in a edentulous (toothless) condition. It is more difficult for a person who has not had dentures to get used to new dentures than one who is used to them. Practice, practice, practice. You must make up your mind to master the wearing of the dentures. This can only be done by keeping the dentures in the mouth more than they are out. Most people require at least 3 weeks to learn to use new dentures; some people require more time.
8. Although great care has been taken to construct dentures that are compatible with the surrounding tissues, the dentures move on the tissues and soreness will usually develop for varying periods at different locations in the mouth. You must return so that we can adjust the



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dentures or the way that the teeth touch together so that the soreness can be corrected. NEVER attempt to adjust the denture yourself. The tissues surrounding the dentures will function more naturally after the dentures have been worn for several weeks. Typically, follow-ups after seating a denture come at one day, one week, one month, and then yearly.

9. Before returning for an adjustment, it is essential that you wear your denture for up to 2-3 hours prior to the adjustment period so that the irritation will be visible in the mouth.

10. Leave your dentures out of your mouth at night to give the supporting tissues adequate rest. You don't sleep in your shoes; don't sleep in your denture.

11. When dentures are left out at night, they should be placed in a container of cold water and denture cleaner to prevent drying and possible warping.

12. Brush your dentures at least twice daily. Remove them from the mouth and brush with a soft brush using a detergent as a cleaning agent. The detergent works better than regular toothpaste, which contains an abrasive material which may scratch the dentures. Brush the dentures over a basin that is partially filled with water or over a wet washcloth to minimize chances of breaking the denture should they slip out of your hands.

13. Your mouth as well as your denture should be cleaned. Brush the ridges, palate and tongue with a SOFT bristle toothbrush and toothpaste.

14. Some patients' tongues normally rest in a retracted position in relation to the front bottom teeth. Try to learn to position your tongue further forward so that it rests on the lingual surfaces of the front teeth. This will develop stability for the bottom denture.

15. The use of denture powders or other adhesives is almost always contraindicated with new dentures. If you begin using these materials, you will soon feel insecure without them. They often create too much retention and can eventually cause damage to the supporting tissues.

16. Dentures require routine dental examinations the same as any other person. Tissues under the denture will change with time, depending upon many factors, including your health. Dentures that become ill-fitting can damage the supporting tissues without the patient being aware that anything is wrong. Lesions can develop in the oral cavity that may or may not be associated with the dentures. All edentulous patients should be examined by a dentist at least once a year and have a routine panoramic x-ray taken every 5 years.

17. Please call with any questions or concerns!