



16-17 Park Street, Deal CT14 6AG - Tel 01304 380400 - [www.clinicaldenturecentre.co.uk](http://www.clinicaldenturecentre.co.uk)

## **WEARING NEW DENTURES**

**It takes time to get used to wearing your denture because the gum tissue must adjust.**

### **Tips about wearing your dentures:**

- A lower denture usually takes more time to adjust to than an upper denture.
- You may occasionally bite your tongue or cheek until you get used to have these spaces filled.
- It can take 2-6 weeks to learn how to speak with them. Practice by reading out loud or in front of a mirror.
- Your tongue may feel restricted and want to play with the new denture but it will adjust to its presence.
- To get accustomed to chewing with a new denture, start with soft food, or a liquid diet with easy to chew foods.
- Cut food into small bites and take small bites.
- Eat slowly and deliberately by placing even amounts of food on both sides of your mouth while you are chewing so as to balance biting forces which will keep your denture stable while chewing.
- The longer you take to eat your meals, the more success you will have at learning to eat with your new dentures.
- Try drinking plenty of fluids at each meal. Avoid sticky or hard foods. It may be helpful to chew off bits of food from the side, rather than directly from the front.
- As gums heal and become stronger, try to eat foods which can be bitten like bread, crackers or corn on the cob, by pressing the food against the back teeth on the upper denture in order to stabilize it while you bite.
- It will take time for gum tissue to firm up and accommodate the hard plastic of the denture: until then, sore spots will be common during the adjustment period.
- Dentures wearers often notice a slight change in facial appearance, increased salivary flow or speech changes.
- It is very important that you wear your denture every day, otherwise it will no longer fit correctly due to gum tissue changes.
- The bone and gum areas will shrink or recede with time causing space between the jaws to change. The denture will keep its shape, and therefore adjustments will be needed to keep your denture fitting properly.
- Do NOT adjust the denture yourself because this will only cause more difficulties and what may have started out as a small problem could easily become a bigger one.
- We need to see where sore spots are to make the necessary adjustments.

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