



FAMILY DENTISTRY

TIPS ABOUT WEARING YOUR DENTURES/PARTIALS

- ▶ A lower denture usually takes more time to adjust to than an upper denture.
- ▶ You may occasionally bite your tongue or cheek until you adapt to having these spaces filled.
- ▶ Dentures can affect your speech. You may read out loud to practice speaking, If you find a word you have trouble with continue to repeat it over and over.
- ▶ To get accustomed to chewing, start with a soft diet.
- ▶ Cut food into small pieces and take small bites.
- ▶ Eat slowly and place even amounts of food on both sides of your mouth while you are chewing so as to balance biting forces which will keep more stability while chewing.
- ▶ As gums heal and become stronger, try to eat foods which are bitten off like bread, crackers, sandwiches, etc.
- ▶ It is very important that you wear your dentures every day. If you don't, your denture will no longer fit due to gum tissue and bone changes.
- ▶ Denture wearers often notice a slight change in their facial appearance and increased salivary flow.
- ▶ Do not adjust your denture yourself. You could cause damage beyond repair. You can also damage your denture if you try to repair it yourself with glue.
- ▶ Keep your dentures and partial dentures out of your dog's reach. As they may chew them up.
- ▶ Never wrap your denture or partial denture in a tissue or napkin, as too many times these get thrown away.
- ▶ If sore spots develop, it is very important that you wear your denture for at least 24 hours prior to your adjustment visit. Seeing the sore spot, helps us make a better adjustment.