

The First Month With Dentures

Day 1 Your adjusting to dentures; your journey is just beginning. Even for experienced denture wearers new dentures can be a challenge. Don't worry, you are not alone! Some 36 million Americans have dentures too. Many first-time dentures wearers say that eating soft foods that are gentle on your gums and teeth make this new experience easier.

Day 2 to 14 Your mouth is adjusting to the new dentures; you will likely experience increased salivation. You might also experience sore spots in your mouth. Rinsing your mouth with warm salt water may help. If soreness persists, return to your dentist for an adjustment.

Day 15 to 29 You are still learning to talk and eat all over again. You still have the foreign-object feeling in your mouth. The saliva flow and sore spots have lessened. If your dentures won't stay in, start using denture adhesive. Be careful not to use too much and follow the usage instructions. The more you wear your dentures, the more quickly you will adjust.

Day 30 You've made it one month with dentures! Reward yourself with your favorite food! Remember to visit your dentist on a regular basis to have your dentures checked. A denture replacement is recommended every 5 to 10 years.

Cleaning your dentures

- Clean your dentures every day. Cleaning dentures daily with a denture brush and soaking them in a cleanser solution will help keep your dentures looking white and bright, while preventing plaque buildup and denture odor.
- Rinse and brush your dentures in clean warm water with a denture brush..
- When cleaning dentures, don't brush too hard; you don't want to damage any plastic or metal parts. Moisten the denture brush to avoid damages or scratches to the denture surface.
- Brush your gums, tongue and natural teeth with a fluoride toothpaste before reinserting your dentures. This will help remove plaque from your teeth, stimulate circulation in your mouth, and help maintain good oral health.
- After brushing rinse with a mouthwash to give your mouth a refreshed feeling.
- Never try to adjust your dentures yourself. This might cause harm to your mouth or damage your dentures.
- Visit your dental professional regularly. Rely on him or her for advice and answers to specific questions about your oral care.

Removing your dentures

- Swish your mouth with warm water or a mouthwash. Fill the sink with warm water to avoid breaking the dentures if they are dropped.
- To remove your upper denture, place your index finger on the edge of the denture back by your molars and pull down to break the seal.
- Be sure to keep your dentures moist when you aren't wearing them. This will keep them from drying out and losing their shape. Store your dentures in a denture soaking solution or in water. Never place your dentures in hot water. This can cause them to warp.

