



antigoDENTALclinic

"Your smile is important to us"

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Caring for your Complete or Partial Denture

If this is your first time in a denture, you may become rather frustrated with adjusting to your new prosthetic. Try to stay positive. Dentures have been worn by billions of people for hundreds of years. You will become accustomed to them in due time. Dentures are not teeth, they are a prosthetic. If your leg was amputated and a prosthetic leg was made, you may expect to walk, but it would be unlikely for you to run or sprint. Be patient.

At first, you may feel there is a lot of plastic in your mouth. This is normal; as dentures by their very nature are a lot of plastic. You may have increased salivation at first as your body will think there is food in your mouth. This will settle down after a week or so. If you have metal attachments or clasps, you may initially notice a metallic taste. This will go away in 1-2 weeks.

Certain sounds may be difficult to make and speech will have to adapt to having that extra bulk in your mouth. We suggest reading out loud and focusing on the sounds that sound different to you. With practice you will have your speech back in no time! Also, try to remember that our voices sound very different inside our own heads than they do to outsiders. Most people cannot tell the difference in your speech.

Start off eating softer foods. Try to chew on both sides at the same time rather than on one side. This will help the denture stay in place while eating. Lower dentures are usually the most unstable. If you dislike the instability of either of your dentures, implants can be placed in your jaw to snap onto the denture holding it in place. Many people after having implants placed cannot believe they had not done the procedure earlier in their lives because of the immediate and dramatic increase in stability they experience. If you have more questions about this, please give us a call for a consultation and we can discuss options.

Now that you have received your denture, you will likely need to return to our office to have adjustments made. Usually a denture is adjusted 2-3 times before sore spots under the denture are relieved. This is normal as the denture is a work in progress and we will need to get it to that "sweet spot" so that you are comfortable. Please wear your dentures the day of your appointment so that the tender areas are apparent to us that we can adjust accordingly. Adjustments on your dentures are at no charge for 6 months after they are delivered to you.

If your denture was delivered the day of your extractions, remember complete healing has not taken place. This immediate denture was fabricated making guesses on what the tissue will look like without the teeth, therefore it is impossible to obtain perfect fit. After 6 months of healing, you may need to come back to our office for a reline, which is refitting of the dentures based on your healed tissues, or a completely new denture. A denture adhesive paste like Fixodent can be added to your denture base to increase the retention. Ideally avoid

its use, because sometimes it is masking the fact a new denture with or without implants is needed.

Even if you no longer have teeth, yearly dental examinations are a must to ensure your oral health. At your examinations we will examine you for oral cancer, fungal infections, change in tissue as a result of the denture, and check the fit and function of your denture to ensure you can adequately continue to eat and be healthy. If desired we can also clean your denture for you

Denture Care

- * Never bite your denture into place because you could bend or break the metal or plastic. Instead slide it into place with your fingers.
- * Handle dentures with great care. To avoid accidentally dropping them, stand over a folded towel or a full sink of water when handling dentures.
- * Brush and rinse your dentures daily. Like natural teeth, dentures must be brushed daily, especially after meals to remove food and plaque. Brushing also helps prevent the development of permanent stains on the dentures. Use a brush with soft bristles that is specifically designed for cleaning dentures. Avoid using a hard-bristled brush as it can damage or wear down dentures. Gently brush all surfaces of the denture and be careful not to damage the plastic or bend attachments. ALWAYS remove your dentures during sleeping hours to prevent irritation and tissue damage.
- * Clean with a denture cleaner. Hand soap or mild dishwashing liquid can be used for cleaning dentures. Household cleansers and many types of toothpaste may be too abrasive for your dentures and should not be used. Also, avoid using bleach, as this may whiten the pink portion of the denture. Ultrasonic cleaners can be used to care for dentures. These cleaners are small bathtub-like devices that contain a wave motion that dislodges the undesirable deposits. However if your denture has metal attachments, the attachments could tarnish if placed in a soaking solution. Your dentist can recommend the best methods for caring for your particular denture. Dentures should never be placed in hot water, as it can cause them to warp.

Can I adjust or Repair my Dentures?

One or more follow-up appointments are generally needed soon after you receive your dentures so that your oral health care provider can make any necessary adjustments. Never attempt to adjust or repair your dentures yourself. Never bend any part of the clasp or metal attachments yourself; doing so can weaken the metal structure. "Do-it-yourself" repair kits can permanently damage your denture and over-the-counter glues may contain harmful chemicals.

Dentures that don't fit properly can cause irritation and sores in your mouth and on your gums. Be sure to contact your oral health care provider if your denture breaks, cracks, chips or if one of the teeth becomes loose. Oftentimes, he or she can make the necessary adjustment or repair on the same day. For some complicated repairs, your denture may have to be sent to a special dental laboratory.