



## PILOTPPOINT DENTISTRY

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### Dentures 101

#### Denture Adhesives

When people get dentures for the first time, they sometimes find it difficult to get used to them. They are often concerned that the denture will slip or fall out. Using a denture adhesive can ease some of these worries and can increase confidence about wearing dentures. A denture adhesive used for a short time, will help the dentures to stay in place while the muscles of the cheeks and tongue "learn" to do this job.

#### Eating

If you have just received your dentures, you will need to practice eating and drinking with them. You should start with drinking water and eating non-sticky foods such as soup, yogurt scrambled eggs. Avoid raw vegetables, meats and sticky foods. Do not get discouraged. You will soon be able to eat most foods again.

Cut your food into small pieces. When biting, avoid using your front teeth. Instead, use your canine teeth (the pointed ones) and the teeth just behind them. Do not pull or tear your food in a forward direction; instead, push back as you bite. When you chew, try to have some food on either side of your mouth. This will help to stabilize your dentures. Do not expect to eat as efficiently as you did with your natural teeth, even after you become experienced.

Eating a proper diet is especially important for people who wear dentures. As a group, denture wearers tend to have lower-quality diets than do people with most or all of their natural teeth. They may not get enough of the nutrients found in hard-to-chew foods such as fruits, vegetables, nuts and meat. If you find that you have had to change your diet, speak to your dentist about this.

#### Speaking

Many people feel as if their mouths are full of marbles when they put in their dentures the first few times. You will most likely need to practice speaking. Do this by reading aloud, slowly and quietly, when you are at home. You will soon find that you are able to speak just as you did before you got your dentures. Rest assured that your speech will improve in a fairly short time.

#### Other Changes

You may notice more saliva in your mouth when you get your new dentures. This is normal and will improve over time. When you sneeze, cough or yawn, your dentures may loosen. This is normal. It does not mean the dentures don't fit. This too will improve over time.

You will be instructed to take your dentures out when you sleep. That's because the gums under your dentures need a rest every day.

Your mouth and the bone in your jaw that supports your dentures will continue to change. After many years of denture wear, your jaws (especially your lower jaw) become smaller over time. The bone helps support the teeth. Without teeth, the bone shrinks. This can make your dentures fit poorly. They may become difficult to use. The dentures may need to be relined to improve the fit.

Regular visits to the dentist are just as important for people with dentures as they are for people with all their natural teeth. Everyone with dentures should visit a dentist at least every six months. Regular visits help ensure that your dentures continue to fit and operate correctly. Your dentist also will examine your mouth for signs of bone loss, oral cancer, infections and other conditions.

## Denture Care

Dentures are not permanent fixtures in your mouth. You need to take them out when you sleep.

Store them in water or in a denture cleaning solution in a covered container. Change the water or solution daily and wash the container.

Your dentures need to be cleaned thoroughly twice a day using specially designed denture brushes. Brush and massage the inside of your mouth to clean away debris. This also helps maintain good circulation in your gums.

Some people use denture adhesives, such as powders or pastes. Adhesives can be useful in keeping dentures from slipping or falling out. They are especially helpful for people whose jawbones have shrunk considerably. However, they should not be used to make up for poorly fitting dentures.

If your dentures start slipping or become uncomfortable, visit your dentist. They may need adjusting or refitting. Most repairs can be done right in the dentist's office, so you don't need to spend days without your dentures. Never attempt to repair or refit your dentures yourself. You could cause injury or affect the health of your mouth.

Reference: <http://www.simplestepsdental.com/SS/ihSS/r,=/st.31862/t.32276/pr.3.html>