

## **New Full/Partial Denture Instructions**

CONGRATULATIONS ON YOUR NEW PROSTHESIS! When you begin to wear your new prosthesis there is an adjustment period where you might have to relearn some things. These include chewing, speech, swallowing, appearance of lip posture, and ridge comfort. Below you will find a list to help you navigate this new journey.

### **Discomfort**

Start with easy, but nutritious food to eat. Examples of a softer diet include: fish, eggs, pasta, cooked potatoes, and apple sauce. If you have discomfort, remove the denture and massage the painful area with your finger. Let the gums rest and then replace the denture. Continue to use your prosthesis until your next visit. If sore spots do occur, not to fret, try to continue to wear your denture, and at your next appointment, we can adjust the denture and see where the sore spot presents.

### **Chewing**

Try to chew with food on BOTH sides of your mouth. If food is bilaterally placed, the denture will be less likely to tip/dislodge. Try not to bite with the front teeth as this may cause the back end of the denture to move off the gums. Biting with the side teeth will give better stability. Holding the top denture up with the tongue while chewing requires talent but this habit can be very useful.

### **Swallowing**

Pain during swallowing may simply require a minor denture adjustment.

### **Saliva**

Sometimes, new dentures as a stimulus and can cause an increase or decrease in saliva for the first few days. Be patient and the flow will return to normal.

### **Speech**

Speech is a very complicated and dynamic process involving many parts of the airway and mouth. Your denture has been constructed to meet the demands of stability and retention during speech. If speech does not sound right to you, be patient, give it time and normal body adaptation will resolve your concerns. Practice reading aloud.

### **Cleaning**

To remove food debris and bacterial plaque from your prosthesis, brush vigorously with a stiff denture brush. Use either water, or a commercially available denture cleaning agent. The soaking solutions are also useful. Follow the manufacturer's instructions. Wash your denture over a basin of water or a cloth. If they are dropped on a hard surface, the acrylic portion may fracture and any metal may bend.

### **Sleep**

DO NOT SLEEP WITH YOUR DENTURES. Take the dentures out at night. This will allow the gums to rest.

**From: The Princess Margaret Cancer Centre Dental Team**

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