

## YOUR NEW DENTURES

Thanks to modern methods dentures can look natural and feel comfortable. It is important to remember that even the best fit Dentures will feel awkward in the beginning. Any new or foreign object in the mouth takes getting used to. It will take a little patience and practice to get used to talking and chewing with your new teeth.

Practice talking by reading out loud to yourself - in just a few days you will be talking just as you always have. Chewing will seem strange at first, start with soft foods and foods cut into smaller pieces. Dentures collect plaque just as regular teeth do, and need to be cleaned daily.

The gums under the dentures also need to be cleaned daily in order to remove plaque. Use a soft brush on your gums, and massage them. If a toothbrush is too irritating, a piece of wet gauze will do just as well. The massaging action is also good for the gums. When cleaning your dentures be sure to fill the sink halfway with water, so if they fall into the basin they won't crack.

There are special brushes available for dentures ask your dentist or check in your pharmacy. The tissues in the mouth need a rest from the pressure applied by the denture so do not sleep with your dentures in place. Red and irritated gums may be result of keeping your dentures in overnight – this will lead to loss of bone, which will lead to loose fitting dentures. Stay in contact with your dentist because your mouth is constantly changing - as the tissues shrink the denture may become loose, your dentist can correct this to ensure a continued good fit. Your dentures are like the stars they come out at night!

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## ILL-FITTING DENTURES

Wearing dentures is no reason to stop seeing your dentist. Regular visits to your dentist are just as important as when you had all of your natural teeth. After some or all of your teeth are removed, there's less support for facial muscles, your gums change and your mouth may continue to alter. If and when these things happen, your dentures may not fit properly and could cause some discomfort. If you see your dentist on a regular basis, he or she can correct areas that may lead to future discomfort. It's easy to keep your dentures fitting properly and looking natural with the right attention and daily care.

Be sure to clean them after each meal and again at bedtime. Prior to going to bed, your dentures should be removed and placed in a container of denture cleaning solution or water - ask your dentist for advice. If a denture becomes dry, it could lose its shape.

**Never place a denture in hot water; it could warp.** Adjusting the fit of your denture is one project that is best left to your dentist. Although there are products advertised to reline or repair your dentures, professional dental care is needed. Improperly relined or repaired dentures exert pressure on the jaw which could cause the jawbone to shrink more rapidly and when this happens, not only will your present dentures be useless, it will be more difficult - if not impossible - for your dentist to provide a new denture. **When a problem arises, phone your dentist and make an appointment!**