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Denture Home Care

What to Expect with New Dentures:

Dentures are made to look like your natural teeth. They help support your cheeks and lips. Dentures are made of teeth fitted into a plastic base. Initially, dentures may feel different than what you are used to. This is normal. You should keep wearing the dentures until you get used to them. This can take up to a few weeks. Lower dentures are especially difficult at first as it takes time for your cheek and lip muscles to learn to hold the dentures in place. Your speech will also seem different at first until your muscles learn to talk again. Practice, Practice, Practice!

It is very common that dentures may need adjustments after the first few days of attempting to wear and eat with them. Please call the office if your dentures are causing a sore spot and we can help.

What Can I Eat?

You should begin eating a soft diet cut into small pieces at first. You should try to chew on both sides as this will keep the denture balanced. Avoid sticky food at first. Once you feel comfortable eating a soft diet, you may work your way up to eating a wider variety of items. Dentures take a lot of practice at first. Don't give up!

Denture adhesives are frequently used to aid in retention of the dentures. Please follow the directions.

How Should I Clean My Dentures?

Like natural teeth, dentures require daily oral care. Before bed, you should remove your dentures and GENTLY brush them with a special denture brush or toothbrush with soft bristles to remove all food particles. Do NOT use a toothbrush with hard bristles as this can scratch/damage the plastic denture base. It is best to place denture cleaner on the brush before brushing. Do NOT use toothpaste because it too can damage the dentures.

Brushing/cleaning your dentures should be performed over a towel or sink full of water as dropping your dentures can cause them to break.

Soak your dentures in denture cleaner over night. Dentures should never be left out of the mouth if not in denture cleaner or water as allowing them to dry out can ruin the dentures. Please don't sleep with them in your mouth! Your gums need time to breath or oral infections can develop.

Please don't forget to rinse your mouth and brush your gums to promote oral health. Regular oral exams are very important to check your denture fit and to check for signs or oral disease, such as oral cancer.

How Long Do Dentures Last?

Typically dentures need to be remade or relined (re-fitted) after 5-10 years. Some dentures need to be relined sooner. If you notice that your dentures don't fit as well as they used to or that the teeth are beginning to wear down, give us a call and we can discuss these options.

Pets love to eat and destroy dentures. Please keep them away!