

New Denture Wearers

What to Expect

As a new denture wearer, you may feel as though your dentures don't fit properly. You may feel that they "gag" you, or that you are biting your cheeks or tongue. Don't worry: These problems will lessen as you adjust to wearing dentures. If you wear an upper denture, it may take some time for your tongue to get used to the feeling of being pressed against the denture and not the roof of your mouth.

How Dentures Look and Feel

With a new "foreign object" in your mouth, you may find that, at first, your mouth is full of saliva. This is perfectly natural for new denture wearers and will go away once you become adjusted to wearing your dentures. Try to swallow more often to remove the excess saliva. You might want to suck on a mint or hard candy to get you to swallow more frequently. Some soreness in your mouth is to be expected, and usually occurs within a few hours of putting your dentures in. If soreness becomes a continuing problem for you, make an appointment to see Dr. Misch so that any necessary adjustments can be made to your denture. New denture wearers should never try to make adjustments to their dentures on their own.

How your dentures look

As a new denture wearer, you may get the feeling that your dentures are too big or that your lips are being pushed forward. The "full-mouth" feeling is common to new denture wearers and will wear off as you get used to wearing your dentures.

Being Confident in Your Dentures

Speaking with Confidence

When you are speaking, the sound reaches your ears through vibrations in the bones of the jaw and skull. Wearing dentures changes and increases the sound, but is much more noticeable to you than to anyone else.

If your dentures "click" when you speak, try to speak more slowly to avoid movements that raise and/or move your lower denture. Keeping your lower denture in place requires the ability to hold it still with the muscles of your lips, cheeks and tongue. At first, these muscles may tend to "kick out" your denture. With time and practice, you will be able to overcome the difficulties of speaking.

To Speak more confidently while wearing your dentures:

- Bite and swallow before speaking. This places your dentures in a position so you can speak more clearly.
- Practice reading aloud.

- Use a denture adhesive. Using an adhesive such as Fixodent will help keep your dentures in place and make it easier to speak clearly.

Eating with Confidence

As a new denture wearer, you may find that chewing feels different with dentures. You may also think that food has "lost its flavor." While you are adjusting to wearing your dentures, your mind is receiving strong signals from your mouth about your dentures, which overpower the messages from your taste buds. After you are accustomed to the denture, your mind will pay less attention to your dentures and more to your taste buds.

During your adjustment time, you may have trouble sensing hot foods and drinks, which is common with new denture wearers. Be careful, you don't want to burn your mouth.

To eat more easily and enjoyably while wearing dentures:

- Begin with small quantities of food cut into smaller pieces.
- When you put food in your mouth, chew half of it on the back-left side of your mouth and the other half on the back-right side. This will even out the pressure on your dentures.
- Start with soft foods. Some good examples are eggs, fish, chopped meat, cooked vegetables and puddings. After you feel more confident, try eating chewier foods like steak and celery.

Removing Your Dentures

Swish your mouth with warm water or mouthwash such as Listerine or Crest Pro-Health. Fill the sink with warm water to avoid breaking the dentures if they are dropped.

To remove your top denture, place your thumb against your front teeth and press upward and outward toward your nose. To remove your lower denture, slowly pull on your denture while applying a rocking motion.

Denture Care

- **Clean your dentures every day.** Cleaning daily with a denture brush and soaking in a cleanser solution will help keep your dentures looking white and bright, while preventing plaque build-up and denture odor. We recommend Smile Again Denture Cleaner by ProTech.
- **Rinse and brush your dentures** in clean warm water with a denture brush.
- **Don't brush too hard;** after all you don't want to damage any plastic or metal parts of the denture. If needed, moisten the denture brush to avoid damages or scratches to the denture surface.
- **Brush your gums, tongue, and natural teeth** with a fluoride toothpaste such as Crest before reinserting your dentures. This will help remove plaque from your teeth, stimulate circulation in your mouth, and help maintain good oral health.
- **After brushing, rinse with a mouthwash** to give your mouth a refreshing feeling.
- **Never try to adjust your dentures yourself.** This may cause harm to your mouth or damage to your denture.

How to Use Fixodent Adhesive Cream



UPPER



PARTIAL



LOWER



UPPER

Success with your dentures, whether they are new or a replacement, depends on a few simple tips. And the first is most important: Rely on your dentist or prosthodontist. Your dental professional has provided you with the finest possible dentures and can offer the best advice to help you get the most out of your dentures.

Applying Fixodent Control or Fixodent Control Plus Scope Flavor

- Clean and dry dentures thoroughly before applying.
- For best results, apply in a continuous line along the perimeter of the denture wall (as shown in the diagram).
- Press dentures firmly into place and hold briefly.
- It may take a few attempts to get the application that works best for you.

- To better customize your experience, try adjusting the amount of adhesive you use and/or experimenting with how far it is placed from the edge of your denture.

Helpful Hints

- Keep the nozzle and cap dry to avoid clogging. If you desire more or less hold, you can apply more or less adhesive to meet your needs. If oozing occurs, use a little less product.
- You may need to experiment to see what amount of product is best for you.
- To help clean gums, use a soft toothbrush and warm water.

Applying Fixodent Original, Free, Fresh or Complete

- Dentures should be cleaned and DRIED thoroughly before applying.
- If applying Fixodent to the top denture, apply in small strips or dots to the roof part of the denture. (Put the Fixodent on the part of the denture surface that touches the gums and sticks to the roof of the mouth. There's a picture of this process on the package.)
- Do not apply too close to denture edges.
- Put dentures in the mouth, press in place firmly and hold briefly.

Implant Overdentures

- Implant attachments usually require replacement every 6 months.
- You will notice the denture becoming “loose” as a result of the wearing of the attachments.
- Worn attachments may cause the denture to fracture.
- Yearly exams and implant maintenance with x-rays are important in maintaining your implants and oral health.