



Commonly Asked Questions About New Dentures

Will it be hard to adjust to wearing new dentures?

Most patients suggest quickly to wearing new dentures, but there are certain factors that can make the adjustment. Frustrating for many new denture wearers. These include sore spots, lack of suction, and gagging. These problems are all easily overcome

What do I do about sore spots?

Although dentures are custom made for your mouth from every detailed impression it is very common to develop sore areas or blisters where the denture presses or rubs. It is important to phone the office for an appointment so that the Dentists can adjust your denture to eliminate these sore spots. Some people are more sensitive than others to the pressure that new dentures place on your gums, and you may require numerous adjustments until you are completely comfortable.

Will I need to use denture adhesive?

A new upper denture will generally stay in place with natural selection and not require the use of adhesives (ie – Fixodent, Poly-Grip, etc.). For individuals with unusually shaped or very flat palates, it may not be possible to gain suction naturally. In these instances, adhesives can be very helpful. Lower dentures are different, however. Because there is not a palate to adhere to, lower dentures rarely remain in place by natural selection alone. The muscle of your cheeks, tongue and lips will adapt and help keep the lower denture in place within the first few weeks. Denture adhesive is very helpful during this period. While some people always use a bit of adhesive in their lower denture, most find it unnecessary after the adjustment period is over.

My denture makes me gag!

Some people are extremely sensitive to having anything touch their palates. Upper dentures can trigger a gag reflex in these patients. Wearing your upper denture for short periods of time initially, and gradually increasing the amount of time can help gaggers overcome this reflex. Taking slow, deep breath can stop the gag reflex when you feel it coming on in addition using an anesthetic (numbing) spray such as Chloraseptic before you put in your denture can be very helpful. As you become accustomed to wearing your denture, this problem will disappear.

Can I wear my dentures while I sleep?

It is recommended that you take your dentures out overnight while you sleep period bacteria accumulates on your denture and your gum throughout the day. Taking the denture out at night is healthier for your gums, and it allows your dentures an opportunity to soak and become clean.

How do I care for my dentures?

At bedtime, remove your denture(s) and scrub them with a toothbrush or denture brush (available at drugstores) and soapy water. Then leave it to soak overnight and water. If you prefer, you can buy cleansing tablets (ie – Polident, Efferdent, etc.) and soak your dentures overnight in these solutions. It is also a good idea to gently brush and massage your gums and palate with a very soft toothbrush once each day. This helps keep the tissue firm.

How long will my new dentures last?

This varies from person-to-person, but the average denture will last 5-7 years. You can extend the life of your denture by handling it carefully, being careful not to drop it, and always keep it moist. The plastic in your new denture becomes brittle with age. Always keep it in water when it is not in your mouth, which will help maintain its elasticity. **The most important factor in extending the life of your new denture, however, is the continued care and maintenance of your natural teeth.** Your new denture is designed to be supported by your natural teeth. Decay, gum disease and bone loss are among the factors that can damage or result in the loss of your remaining teeth. If you damage or lose one or more of your natural teeth, your new denture may no longer fit and may require replacement period therefore it is essential to maintain excellent oral hygiene at home, and to maintain regular cleanings and examinations at the dental office.