

SMILE IN Comfort & Confidence



Smile, You're Not Alone

Loss of natural teeth is a severe shock to almost anyone, so you are not alone.

There are millions of ordinary folks and famous folks- housewives and movie stars, postmen and politicians, young and not-so-young- and they share one thing in common with you: dentures.

They have all gone through the period of emotional and physical adjustments that go with learning how to live with and how to use new dentures.

Your dentist hopes this booklet will help you in your “getting acquainted” period. Refer to it frequently as you adjust - it is based on the experience of new denture wearers just like you.

At Hudec Dental, we will prioritize your needs and ensure your dentures are made just for you.

Remember, it's never too late for the perfect smile.



Your New Dentures

A great deal of hard work, time, care, skill, and judgment has been used in constructing your dentures. Making modern dentures requires so much professional skill, knowledge, and artistry that they have rightly been called “works of dental art.”

They cannot, however, be expected to do everything that natural teeth do, but, provided that they are used sensibly, they will enable you to eat and speak quite satisfactorily. You should expect a period of awkwardness as you get used to them.

While you are learning to use your new dentures, it is necessary to have patience as when learning to ride a bicycle or how to swim. It takes some time.

Control of your dentures may be difficult at first, but gradually, through practice, you'll find yourself more comfortable in coping with them.



The First Sensations

Your very first reaction will be that you have suddenly acquired a tremendous “mouthful” and that your lips are being pushed forward by teeth that seem too big. Do not let this worry you, for the feeling of fullness will wear off as you become more accustomed to the new dentures in your mouth.

You may think that because they feel very big to you, they will appear so to others. This is not so, and there should be no need for embarrassment.

You may feel that the dentures are loose, and you may have the sensation of “gagging” or that you are biting your cheeks and tongue too much. This usually corrects itself after a short time.

Because a denture is a “foreign body” in the mouth, you may at first develop an excessive flow of saliva. The best way to overcome this temporary discomfort is to persevere in wearing the dentures and to swallow a little more frequently. Sucking on a mint will sometimes help by making it easier to keep on swallowing.

Eventually, you- as do most other denture wearers- will feel as strange without your dentures as you did when dentures were initially placed in your mouth.

In The Beginning

New denture wearers usually suffer some discomfort from soreness, which may occur within a few hours after the dentures have been placed in the mouth. More than one adjustment of the dentures for soreness may be required within the first two weeks of use.

Make an appointment with your dentist if soreness occurs. Never attempt to adjust your dentures yourself.



Even if your mouth is sore, please try to wear your dentures the entire day before your appointment. Otherwise, it may be difficult to tell accurately where the sore spot is. However, if the pain is really severe, check with your dentist for his or her opinion as to what you should do.

Analgesic denture ointments are available at pharmacies, and one may be recommended to help tide you over until all adjustments to your dentures, your brain will pay less attention to them and more to the messages from your taste buds.

Speaking

Speaking may seem strange or even difficult at first. This is because your tongue has to learn where the teeth are, and it may take a little bit for them to become accustomed to them.

When we hear ourselves speak, much of the sound reaches our ears by means of vibrations in the bones of the jaw and skull. This alters and considerably increases the effect of the sound that travels through the air in the ordinary way. Any small changes, therefore, become much more noticeable to the speaker than to anyone else.

If your dentures click together in speaking, you should speak more slowly and try to avoid movements that raise or move the lower dentures. Keeping the lower denture in place depends largely on your ability to learn to hold it there with the muscles of your lips, cheeks, and tongue. These muscles may tend to dislodge your dentures at first. Practice will help overcome the difficulty.



Eating

when you are ready to begin eating with your new dentures it is important to start slowly. Eating may present difficulties and you must not be discouraged if you experience a few failures at first.

Natural teeth are firmly fixed in the bone but dentures merely rest on the gum and when chewing on one side you may notice a tendency for the dentures to tip and loosen on the other side.

One of the most effective “tricks” in eating with dentures is to divide each mouthful of food into two parts. Put one half on the back left side of your mouth and the other half on the back right side then you can chew.

Practice, patience, and persistence will soon show you how best to chew so that denture movement can be better controlled. Full lower dentures may not have the stability of uppers but they too can be mastered.

Begin with foods that do not need hard chewing, such as eggs, fish, chopped meat, cooked vegetables, puddings, and bread with crusts removed. Take small quantities of food and chew slowly. Do not bite off food with your front teeth at first - you will learn to do that later.



... And Taste

Denture wearers sometimes feel that the sense of taste is affected when they first wear dentures and they sometimes assume that this is due to the palate being covered by the upper denture. However, the taste buds are present on the tongue. There are two reasons why food seems to lose some of its taste:

First, the feel of the food being squashed against the palate by the tongue is lost.

Second, although the taste buds may be working quite normally, the messages they are sending to the brain may be “drowned” by the very large number of other messages coming from the sensory nerves in the mouth telling the brain about the strange new object that is present in the mouth.

Cut food into small pieces which you can easily put into your mouth. As you become more skillful at using your dentures, you will be able to try harder and tougher foods that take more chewing force and eventually you will be able to use the front teeth for biting.

Also, avoid very hot food and drink at first. Until your dentures really become a part of your mouth- and they will! You may not be able to judge temperatures accurately and may perhaps burn yourself accidentally as a result.

To help you through the adjustment period, your dentist may recommend using a denture adhesive powder or cream. Scientific studies of persons with well-fitting dentures have shown that a good denture adhesive can help increase overall biting force. And it can improve the stability of dentures while chewing various hard-to-eat foods such as celery, steak, or a hard roll sandwich.



The Need For A Sound Diet

Don't neglect good nutrition, especially during your "getting acquainted" denture period! Your daily fare should include all of the four basic food groups. They provide the necessary nutrients for a sound diet - one that will help keep you healthy.

- Milk and milk products, such as cheese or yogurt, for calcium, phosphorus, high-quality protein, riboflavin, and vitamins A and D.
- Meat, poultry, fish, and eggs - for high- quality protein, iron, and B-complex vitamins, such as thiamine or riboflavin.
- Vegetables and fruit - for minerals and vitamins, especially Vitamins A and C (ascorbic acid).
- Enriched cereal and bread - carbohydrates and B-complex vitamins.

Consult your dentist or physician about diet adjustments if you have special medical problems - and check about the advisability of vitamins or other food supplements.

Caring For Your Dentures

Plaque tends to form on all dentures. It is a sticky, colorless film composed of nearly transparent colonies of bacteria. If not removed from dentures, it may promote discoloration and denture odor. It can also harden into tartar which may irritate your mouth.

Most dentists feel that brushing removes plaque best. A brush made specially for dentures can be purchased at any drugstore. The bristles of these brushes are more stiff than those in ordinary toothbrushes. Your dentist may recommend a special toothpaste-like denture cleanser. Ordinary toothpaste might be wrong for your dentures because it frequently contains abrasives that can scratch dentures and it lacks the necessary ingredients to clean and polish dentures.

Effervescent denture cleansers are also available and may be helpful in keeping your dentures clean. Some denture wearers both soak and brush their dentures. Again, your dentist is the best judge of which cleaning methods are best for you. Don't hesitate to ask questions!

If you are a partial denture wearer, it is essential that your natural teeth and gums be kept healthy. Brush your natural teeth with a dentifrice recommended by your dentist and with a soft nylon toothbrush. Ask your dentist about other cleaning routines that may be necessary for you and your dentures!



See Your Dentist Regularly

Since mouth tissues are subject to continuing natural change and shrinkage, every denture wearer should continue to see their dentist regularly.

Existing dentures can then be properly evaluated and, if necessary, relined or corrected for a more comfortable fit.

Also, your dentist will prepare new dentures when they are required. In addition, regular check-ups provide an opportunity for your dentist to check your mouth tissue, changes your bite, and professionally clean your dentures.

Many dentists recommend that you remove your dentures at night- but check with your dentist to learn what your individual instructions are. When you are not wearing your dentures, always store them in water and in a safe place.

Your denture is strong and durable but it still requires careful handling. Never put dentures in extremely hot water as this can cause them to warp and never use rough household cleansers on your dentures because they can damage the inside or polished outer surfaces.

Make a habit of cleaning your dentures every day. Find the most convenient time of the day to clean them and try to stick to that time! All denture wearers should always finish their daily mouth hygiene by gently brushing gum areas, particularly those in contact with dentures. Ask your dentist to instruct you.



Last But Not Least ...

Your dentures are unique to you. Your dentist constructed them with you - and only you - in mind. He or she may have used one or more special shapes or colors personalized to your facial contours or complexion, or to blend with the forms and colors of your remaining natural teeth.

The experiences of others do not apply to you. Always seek advice about your dentures from your dentist only

And don't fall for denture and denture repair "bargains" or "do-it-yourself" repair kits. You run the risk of serious damage to your dentures- and your health.

Smile!

That's very important! Also welcome to the denture wearers' club. So many others have gone through what you are going through right now- and they succeeded. You will too. Soon, your new dentures will become a real part of you and you'll wonder how you could ever do without them!



Call us today and make an appointment
at one of our 21 convenient locations!

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