



Homecare- Dentures

Denture Care

Now that you have received your denture, it is important to follow these recommendations to ensure its success.

Chewing and Eating

To protect your denture, avoid chewing ice or other hard objects.

If small pieces of food work their way under your denture while you eat, simply remove your denture and rinse it with water.

Brushing and Flossing

Brush your tongue, gums, palate, and any remaining teeth at least twice a day to keep them free of plaque and bacteria. Brushing also massages the gums and keeps your breath fresh. In addition, we may recommend dental floss, mouthrinses, or other cleaning aids.

Cleaning your Denture

Clean your denture over a sink full of water to prevent your denture from breaking if it is accidentally dropped. Use a denture brush and a denture cleaning product at least once a day to thoroughly clean all of the surfaces of your denture. We may recommend special denture cleansers or brushes.

Also, soak your denture periodically in a commercial soaking solution, or, if your denture has no metal parts, you can soak it in a solution of half white vinegar and half water. After soaking, rinse dentures thoroughly in cool water.

Sleeping and Storing your Denture

Unless we tell you otherwise, remove your denture for sleeping or for at least 6 to 8 hours a day. Store your denture in water or a soaking solution whenever it is out of your mouth, so it does not dry out.

Some temporary problems are a normal part of adjusting to new dentures. However, with time and practice, you will make the adjustment to dentures and be eating and talking with confidence.

Regular Dental Visits

Plan on regular visits to our office so we can monitor the health of your mouth and the fit of your denture.

We will also let you know when it is time to adjust, relin, or replace your denture.

Chewing and Eating

For the first few months, while you are learning to chew with your denture, start with soft foods, then gradually add more variety. Continue to eat a healthy diet, including plenty of fruits, vegetables, and proteins. To make this easier, cut your food into small bites.

Bite into foods with the side teeth, not the front teeth. If your denture tips when you chew, try keeping some food on both sides of your mouth to help balance the denture. To protect your denture, avoid chewing ice or other hard objects.

Speaking and staying comfortable

You may have difficulty speaking for a short while. If this happens, practice by reading aloud in front of a mirror until you are comfortable. You can also try speaking more slowly and quietly.

While your mouth gets used to the new denture, it may seem bulky, you may notice increased saliva flow, and your tongue will feel crowded. These sensations should pass with time. An upper denture causes some people to gag. Call us if this continues beyond the initial adjustment period.

Cleaning and Using Adhesives

Clean your mouth and denture daily. We will give you complete instructions.

Denture adhesives are often not necessary with dentures that fit well. If you would like to try one, ask us about the best kind for your situation. If you do choose an adhesive, it is important to apply it to clean dentures and to thoroughly remove it every day.

When to Call Us

Call our office at 408-377-5134 right away if your denture breaks, cracks, or chips, or if a tooth becomes loose, so we can properly repair it. Also call us if your bite feels uneven, your dentures become loose, you have sore spots, irritation, swelling, or discomfort, or if you have any questions or concerns.