GUIDANCE | PRECISION | CONFIDENCE

1132 Finnegan Way, Bellingham WA 98225 - (360) 746-8300 - info@fairhavendenture.com

What to Expect and How to Care for Your New Dentures

Adjusting to new dentures is an exciting step toward a more comfortable, confident smile. Because your mouth needs time to adapt to the appliance, knowing what to expect during the first few weeks will help make your transition as smooth as possible.

The First Few Weeks: What to Expect

- **Increased Salivation:** Your mouth may initially treat your new dentures as a foreign object, causing you to produce extra saliva. This typically subsides within a week or two as your mouth adjusts.
- **Minor Soreness and Irritation:** Tender spots are completely normal as the acrylic settles against your gums. If a spot becomes persistently painful or develops a sore, contact the clinic so we can make a precise adjustment.
- **Changes in Speech:** You might notice slight difficulty pronouncing certain words or a slight lisp at first. Reading aloud or talking to yourself in private can help your tongue and lips adapt quickly.
- **Eating Adjustments:** Start your transition with soft foods cut into small pieces. Chew slowly using both sides of your mouth simultaneously to keep the dentures stable. Gradually work your way back up to harder or chewier foods as your confidence grows.

Daily Care and Maintenance

Proper daily care keeps your dentures looking natural, prevents staining, and protects your oral health.

- **Rinse After Eating:** Remove and rinse your dentures under tap water after meals to wash away loose food particles and debris. Avoid using hot water, as it can warp the acrylic material.
- **Brush Daily:** Clean your dentures at least once a day using a soft-bristled denture brush and a non-abrasive denture cleanser or mild hand soap. Regular household toothpaste is too abrasive and can create microscopic scratches that trap bacteria.

- **Soak Overnight:** Dentures need to stay moist to maintain their shape. Soak them overnight in a glass of water or a mild denture-soaking solution. Never place them in boiling water or let them dry out.
- **Clean Your Mouth:** Before putting your dentures back in each morning, gently brush your gums, tongue, and natural teeth (if you have any) with a soft toothbrush to stimulate circulation and remove plaque.

Long-Term Care and Professional Maintenance

- **Never Attempt Adjustments Yourself:** If your dentures feel loose, rub & irritate your gums, chip or crack, never try to bend, file, or glue them yourself. DIY adjustments can permanently ruin the appliance and injure your gums; always let us handle repairs or relines.
- **Keep Your Annual Exams:** Even with full dentures, annual checkups are essential. We will examine the health of your oral tissues, check the fit of your dentures, and ensure your bite remains comfortable for the long life of your appliance.