

Dr. David R. Beckman D.D.S.

P: (440) 886-4030 | F: (440) 887-1838

6363 York Road Suite 201, Parma Heights, OH 44130

Denture Insertion Post-Operative Care

What to Expect

At first you may look, speak, and eat in a way that you are unaccustomed but, with time, you should adapt very readily. Most patients require about 2 – 3 weeks to learn how to work with their new dentures. A few patients may require more time, don't be discouraged if you take longer than most.

You will find that dentures are not as efficient as your natural teeth when eating. When eating, start with soft foods and take small bites. Avoid biting with the front teeth because it will cause the dentures to become unstable and shift, this can lead to sore gums. It is best to cut your foods into small bites but, if you must "take a bite" use the area around the canine teeth.

Your speech, as mentioned above, may sound strange initially. But with practice, perhaps reading aloud from a book or newspaper, you should be able to speak clearly in a few days.

Adjustments

You must return to your dentist for follow up appointments after the dentures have been inserted. In most instances, it is necessary to make minor adjustments to provide a more comfortable fit. In order for you to wear your dentures successfully, most patients will require adjustments of their attitude and habits. If soreness develops, that is considered a normal occurrence. If there is an irritation, please contact our office, irritation due to denture discomfort will not resolve on its own.

Cleaning

Your dentures and supporting ridges must be cleaned carefully after each meal. Denture odor is a result of food debris clinging to and beneath the dentures. Clean your gums with a SOFT brush and toothpaste. Clean your dentures with liquid dish detergent and gentle brushing with a SOFT denture brush over a soft towel or the sink that is partially filled with water. Dropping the denture on a hard surface can result in breakage of the pink flange and/or the teeth. Soak your dentures at night in a denture cleaner or a solution of ½ water, ½ mouth wash. Rinse thoroughly with clean water before reinserting the dentures. Always keep your dentures wet when not wearing them to prevent warping.