

Life With Your New Denture

SPEAKING

- Practice reading to yourself or speaking out loud in front of a mirror
- “S” and “F” sounds may be difficult at first
- Repeat any difficult words until you’re comfortable

EATING

- DO NOT EAT with denture for the **first week** denture is received
- After a week start with soft food (mashed potatoes, soup, and chopped meat)
- Avoid foods that are sticky or tough (chewing gum, caramel)
- Take small bites and chew slowly
- As you gain confidence, move on to “harder-to-eat” fruits, vegetables, and meats

Caring For Your Denture

RESTING

- NEVER sleep with denture
- Remove your denture at a convenient time to give your mouth a rest
- To prevent your denture from drying out, always store it in water. While your mouth is resting, add a denture cleanser such as Polident to help control odor causing bacteria buildup

HANDLING

- Try to handle your denture over a sink filled with water so that if you drop your denture, it will not break
- Always store your denture in a denture cup when not in use

REPAIRING

- If your denture breaks, cracks or chips, Call your dentist. DO NOT TRY TO REPAIR IT YOURSELF!

Cleaning Your Denture Is Important

- Clean your denture after each meal
- Use a denture brush to remove loose food particles
- Use a cleansing soak such as Polident to thoroughly clean your denture and control odor causing bacteria
- Use a soft bristle toothbrush on any remaining natural teeth

****Remember Adjusting to a Denture Depends Upon the Individual****

Be patient, follow our instructions and you’ll be on your way to beautiful smile!