Denture Care

- Inserting and removing your new removable dentures takes some practice. It may feel awkward the first couple of weeks.
- Your denture should fit into place with relative ease. Never force it into position by biting down.
- If the denture puts too much pressure in one area, that spot will become sore. Call to schedule an appointment for a denture adjustment.
- Dentures should be removed before going to sleep and replaced when you awaken.
- Eating - Begin by eating soft foods cut into small pieces. Chew on both sides of the mouth to keep the pressure even. Avoid very stick or hard foods and chewing gum.
- Speaking – If at first you find it difficult to pronounce certain words, practice by reading out loud. Repeat the words that cause trouble and within a short time, you should become accustomed to speaking properly.
- Cleaning – brush the denture each day to remove food debris and plaque – rinsing is not enough! Brushing also helps the denture from becoming permanently stained. It is best to use a brush designed for cleaning dentures or a soft-bristled brush.
- Be sure to keep your denture moist to help maintain its proper shape. While you sleep, the denture should be kept in a soaking solution or water.
- Please call to schedule an appointment if your denture no longer fits, breaks, cracks or chips. Most repairs can be made on the same day. Complicated repairs may take longer.