

Palms Dental PA

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.

2006 Manatee Ave West Bradenton FL 34205
941-748-7017