



Congratulations on your new dentures! We know that you will have many years of enjoyment from them. We have enclosed some helpful hints to guide you through the initial adjustment phase as well as some advice on caring for your dentures. If you ever have any questions or concerns please don't hesitate to ask. Any adjustments that you may require will be provided with no additional fees for the first year you have your new dentures. Again, Congratulations! and get ready to enjoy life again!

### **WHAT TO EXPECT WITH YOUR NEW DENTURES:**

#### 1) SORE SPOTS:

9 out of 10 patients will develop sore spots due to the acrylic rubbing against the gums tissues. When these sore areas develop, please call the office so that the areas on the dentures causing the soreness can be adjusted.

#### 2) DIFFERENT SPEECH PATTERNS:

Certain sounds and syllables that are made from the tongue touching the upper denture may be different. This is due to different thickness and contour of the acrylic, usually patients rapidly adjust to this. To aid in your adaptation, we recommend reading out loud or practicing speech in the mirror.

#### 3) INCREASE IN SALIVA PRODUCTION:

You may notice an increase in saliva because at first your mouth can't differentiate between your dentures and food. This problem can be alleviated by using Lifesavers or other hard candies. The constant swallowing will decrease the amount of salivary flow and help your mouth adjust to your new dentures.

#### 4) BITING OF CHEEKS, TONGUE, OR LIPS:

Sometimes, due to jaw relationships the teeth must be set in a way that often results in biting of your cheeks, tongue, or lip when chewing. This can be relieved by having your dentist round off the edges of the teeth slightly, however, most patients adapt to this biting problem within a few days.

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5) CHEWING ABILITY:

Dentures are an excellent alternative to replacement of missing teeth. Clinical studies have shown, however, that dentures will only restore up to 30% of the ability to chew with natural teeth. Biting into apples, sandwiches, etc. may be difficult if not impossible without the dentures slightly moving. Our best advice is to chew smaller portions of food that is not soft and to cut foods such as apples and sandwiches into smaller pieces.

6) RETENTION:

Most people do not have problems retaining upper dentures, however, ALL LOWER DENTURES MOVE. This is due to the fact that the lower jaw as well as the tongue moves. Also, the lower denture is constructed in the shape of a horseshoe to accommodate the tongue. Retention can be improved by using denture adhesive or powder. However, first ask your dentist when it is appropriate to begin using these products.

7) CLEANING OF DENTURES:

Fill a sink half way with water. This will be a good shock absorber if you should drop your dentures while cleaning. A toothbrush or denture brush is good to use to remove everyday food debris and staining. Once a week or so you can use a denture cleaner such as Polident or Efferdent. Do not use these products too often because they are oxidizing agents and can weaken the denture over time.

**We hope to keep you smiling,**

**Drs. Rosen & Kurman**

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