



DENTURE FACT SHEET

Your first denture will be a challenge, one you'll want to approach slowly. All the benefits of a comfortable, functional denture will come to you- with practice. Learning new denture skill takes a little time and motivation. Here's what to expect.

A denture is rigid, but it rests on soft tissue. So it's going to move. And the softer the tissue, the more mobility. You'll learn to compensate for this.

For stability, the denture base is extended in the mouth. Chewing on one side has fewer tendencies to dislodge the other side. Remember to place foods on both sides of your mouth and chew with balanced force.

At first you may lose tactile sense that tells you what size food is and where things are while you're chewing. You may even nip your cheek-this is something you'll learn not to do. Expect to have an increased saliva flow, as your body is adjusting to the denture. You'll just have to swallow more for a day or tow.

With natural teeth, most of us rest the tongue just behind the lower front teeth. But if you have a habit of moving your tongue back, you'll lift a lower denture out. Your tongue needs retraining. With practice, you won't even think about it.

And you may notice you sound a little different at first. Speech problems associated with a denture are among the first you'll learn to conquer-and you sound a lot better than you think you do.

Denture wearing takes practice to master. It's important to remember- every individual learns to handle a denture at his or her own pace. Be patient, and don't be too hard on yourself. Please call if you're having any difficulties.