

# What to expect in your first year of living with dentures or partials.



*Going from natural teeth to a denture is a big adjustment for any patient. The patient's ability to chew food decreases about 90%. Taste of food and often speech may be altered at first. In general, an upper denture is easier to adjust to than a lower denture. The amount of stability of a denture depends on several things and not all people adapt to complete dentures as well as others. We will do everything we can within our best ability to help you adjust to your new dentures, however, you, as our patient must realize that dentures are a satisfactory replacement for having no teeth at all but they very rarely function as well as natural teeth. Please understand that Dr. Zeigler and staff cannot guarantee your dentures/partial will bring you happiness and satisfaction. Once the denture process has begun or been completed, we do not offer a trade-in option or a refund.*

First, give yourself a little time to get used to your new dentures or partials. There will be an adjustment period as you learn to eat, speak, care for and live well with your new dentures or partials.

The second thing to keep in mind is that there are key stages during this adjustment period. *Take a look at the 5 key stages to get an understanding of what to expect.*



## **THE FIRST DAY**

Because your dentures or partials are new, they may feel large in your mouth, your lips may feel like they're being pushed forward, and you may experience a slight gag reaction. But don't worry. These sensations are to be expected and will go away as your mouth adjusts.

When it's time to eat, take it easy on your mouth. Start off by eating soft foods like fish, eggs, chopped meat, and cooked vegetables. Take small bites, avoid biting with your front teeth and chew slowly.

## **SPECIAL NOTE: Moving from temporary to permanent dentures.**

If you were given immediate dentures or partials as a temporary set, you'll eventually switch to your permanent dentures or partials. There could be another adjustment, but it might not take as long as the first time you started wearing dentures. Why?

For one, your gums will have most likely healed by the time you get your permanent dentures or partials, so you won't experience the fitting difficulties you may have had with your immediate set while your gums healed. Plus, you'll have gone through the process before - and knowing what to expect can make things seem much easier.



## **DAYS 2 TO 14**

At this point, your mouth is still getting used to your dentures or partials, so increased levels of saliva and some sore spots are normal. To reduce the amount of saliva, try to swallow more frequently. If soreness persists for more than a few days, contact your dentist. Remember, the Academy of General Dentistry recommends that you take your dentures or partials out for at least 8 hours a day. This will give your gums a chance to rest.



### **Days 15 to 90**

At the third stage, from 15 to 90 days after you get your dentures or partials, you should notice that wearing your dentures or partials longer makes the transition easier. You should also notice decreased saliva levels and more ease with eating and speaking. At this point, you should gradually try harder-to-eat vegetables, meats and fruits as you feel more comfortable.

To help you do that, you might want to consider using a few dabs of a denture adhesive cream like zinc-free Super PoliGrip® as directed. Not only will it improve the force of your bite, Super Poligrip® is clinically proven to seal out food particles like strawberry or kiwi seeds. Plus Super Poligrip® Free is flavor free so it won't change the taste of your favorite foods.

At this point, you also should be getting the hang of the right way to care for your dentures with the PoliCare Complete Care System™.



### **3 months to 1 year**

Sometime between 3 months and 1 year after you get them, you should be living well with your dentures or partials. The key to adapting to your new smile is to relax, keep a positive attitude, and give yourself time to adjust to your new dentures or partials. Before long, you just might find that you're full of confidence and feeling like your old self or maybe even better.



### **A year and longer**

Visit your dentist at least once a year to make sure that your dentures or partials will continue to fit comfortably in your mouth. Your dentist will make any necessary adjustments at these visits, so you shouldn't try to fix your dentures or partials on your own.

Plus, even if you don't have any natural teeth remaining, your dentist will check on the overall health of your mouth. Good oral health involves more than teeth, so visit your dentist regularly for oral health screenings.

With proper care, your dentures or partials can last 5 to 10 years, but that doesn't mean you can wait several years to visit your dentist. Yearly visits will help you keep track of your mouth's overall health. And it will allow your dentist to keep track of when your dentures need to be replaced.

**If you have any question, please feel free to contact our office.**



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