

Tips for Denture Wearers

Dr. Kress says

Adjusting to dentures can be an anxious transition, but we are here to help. My staff in Lexington, KY is trained to walk you through step by step what to expect, and making the new dentures experience a positive one. Please call for a consultation. We would be happy to answer your questions. Below are some common questions and answers that might help you in preparing for dentures.

Should I sleep in my dentures?

No, you should remove your dentures every night and clean them. Taking out your dentures at night to sleep is important as it allows your tissues to cleanse and relax. People who sleep with their dentures in are at risk for accelerated jaw bone loss and fungal infections such as candidiasis.

How do I clean my dentures?

Cleaning dentures is easy and should be performed nightly. After removing your dentures, use a denture brush or a toothbrush to clean them with warm soapy water. Do not use abrasive materials such as tooth paste as this can wear down the denture, and do not use water that is boiling or too hot as this can weaken or distort the acrylic.

How long until I get used to my new dentures?

Typically getting fully used to dentures takes several weeks. This varies per person, but usually after a month a patient can expect to feel confident in eating and chewing all types of foods.

How do I know if I need new dentures?

A good denture will last with proper esthetics and function for at least five years and should be replaced every seven to ten years. If the pink acrylic or the teeth on the dentures are appearing worn down, it is probably time for a new denture.

My denture is feeling loose, what can I do?

It is very normal for your jaw bone and supporting tissues to adjust, sometimes changing the fit of your denture. A denture reline can often restore the fit of the denture to feel like new.

Do I need denture adhesive?

If a denture is newer and has a proper fit, but falls out of place, this can be caused by having a mouth that is too dry. Keeping your mouth hydrated with water improves the likelihood of having suction on your dentures. Many medications, including heart medications, have dry mouth as a common side effect. In these instances, it may be necessary to purchase dental adhesives which should be used according to manufacturer's instructions.