

Your New Dentures/Partials

Your new dentures are as close to natural teeth as you can get. Today, 44 million Americans wear dentures. And they all had to go through an initial period of adaptation. You will too. In the beginning, you may experience some of the following:

- **A feeling of fullness**
- **A gagging sensation**
- **Excessive salivation**
- **Difficulty in Speaking**
- **A need for a “soft” diet**
- **Possible soreness**

Adapting To Speaking and Eating

Speaking: It will take a little time for your mouth to adjust to “the feel” of your new teeth. You may have to practice saying certain words and syllables that you may have problems with. In the process, you will develop new control of swallowing and facial muscles. And you must learn to control a tendency to tongue-thrusting, which may dislodge your lower denture. Don’t be embarrassed. The transition time is often relatively short. At first, try to speak a little slower than usual, and you will soon master the slight adjustments you have to make to acquire your former speaking facility.

Eating: You should understand that you cannot bite, tear and grind food as before. Again, it will take a while to develop the special control of muscles you will need to utilize your new dentures effectively. Your eating habits will have to change somewhat. Temporarily you may have to avoid some foods that are hard, sticky or chewy. You may have to cut up some of your food into smaller pieces at first and eat more slowly. Move your jaws in a natural fashion because abnormal movements will tend to dislodge the dentures. Drinking a liquid when eating gooey foods will prevent them from sticking to your dentures. You should not bite down hard with your front teeth until you are well practiced at it. Try to avoid very hot foods and drinks to prevent burns since dentures insulate temperature sensations. It is up to you whether or not you want to use a denture adhesive to increase your confidence and help prevent denture dislodgements. (Consult the dentist on this.)