

ARROWHEAD LAKES DENTISTRY

Jeffrey Fellner, DDS
Ronald Shelley, DMD MAGD
20265 North 59th Avenue, Suite B5
Glendale, Arizona 85308
623-362-9616
623-362-2514 (fax)

**THIS INFORMATION IS FOR GENERAL USE ONLY.
YOUR INDIVIDUAL SITUATION MAY VARY.
CONSULT YOUR DENTIST FOR SPECIFIC
RECOMMENDATIONS.**

COMPLETE DENTURES

We have done our best to provide you with well fitted, functional, and esthetic artificial dentures. We feel confident that after a few weeks of becoming adjusted to the new dentures, you will have years of satisfaction and use from them.

The following information will be helpful to you at this time:

1. **YOUR FIRST FEW WEEKS:** New dentures always feel strange when first placed in your mouth. Several days or even a few weeks will be required for you to feel accustomed to them.
2. **SORE SPOTS:** Usually, your mouth will have a few "sore spots" after wearing the dentures for 24 hours. They can be relieved with very little effort on your next appointment; or give the office a call and we will give you an appointment at a convenient time to adjust the denture.
3. **CHEWING:** The new "bite" or occlusion will not feel comfortable for a period of days. We will adjust the contacting surfaces of your teeth during the follow-up appointments after the dentures have "settled" into place.
4. **UPPER VS. LOWER DENTURES:** Your upper denture will rest comfortably in place with moderate to strong "suction". Although your lower denture will have good stability, it is infrequent that "suction" can be expected on a lower denture. We suggest that you use denture adhesives if you experience difficulty.
5. **CLEANING THE DENTURES AND YOUR MOUTH:** Your dentures can be cleaned easily by using a denture brush and a mild toothpaste such as "Complete" by Vick Chemical. Denture soaks are also useful for the denture. Brush your gums with a regular soft toothbrush once per day to toughen and clean them. You may leave the dentures in or out of your mouth at night depending on your preference. If they are out of your mouth leave them soaking in water.
6. **THE FUTURE:** Your jaw bones and gum shrink up to 1/32 of an inch per year when your teeth are missing. This is one of the vain disadvantages of artificial dentures. Because of this shrinkage, you should plan to have your dentures and oral tissues evaluated once per year by us. We will inform you when relining or rebasing of the dentures is necessary. Wearing ill fitting dentures for too long without refitting can cause severe bone loss and very serious oral diseases.

If you have any questions, please contact our office.