

# Introduction to and Care of Dentures

A denture is a dental prosthesis designed to replace missing teeth, improving your ability to chew, your appearance, and overall oral health. It can be partial, replacing a few teeth, or complete, replacing all teeth on either the upper or lower jaw.

## Adapting to Your Denture

Getting used to a new denture takes time, often ranging from a few days to weeks. Initially, you may experience slight discomfort, increased saliva production, and difficulty speaking, but these symptoms generally diminish as you become accustomed to the denture.

## Usage

- **Daily use:** It is recommended to wear the denture during the day and remove it at night.
- **Eating:** Start with soft foods and practice chewing evenly on both sides of your mouth. Eating particularly sticky or hard foods may be challenging.

## Cleaning

- **Daily cleaning:** Clean your denture thoroughly every day using a denture brush and water to remove food debris and plaque. You may also use mild dish soap, but avoid harsh brushes and strong cleaners as well as toothpastes that could scratch the denture.
- **Cleaning tablets:** Use denture cleaning tablets 1-2 times a week. These help eliminate bacteria, reduce staining, and keep the denture fresh.
- **Nighttime storage:** When removing your denture at night, store it in a container filled with water to prevent it from drying out and changing shape.

## **Maintenance and Repairs**

The bone and soft tissues under the denture continuously reshape, affecting the fit and durability of the denture. Over the years, dentures often require maintenance or repairs such as relining or replacing broken parts. Visit your dentist if you notice the denture becoming looser than before, causing pressure, or if parts break off.

## **Summary**

A denture is a valuable tool that helps maintain your ability to eat, confidence, and quality of life despite missing teeth. Adjusting to it may require time and patience, but with proper care and usage, your denture can serve you well for a long time. Remember to visit your dentist regularly for check-ups, even if you no longer have your natural teeth.