

Denture Facts

A lower denture is never as “tight” as an upper denture. The lower denture doesn’t have the “suction” to keep it in place like the upper one does. The lower denture is held in place by the muscles of the lips, tongue and cheeks. It should not “pop” out of place, but it does not have a tight feeling. It usually takes four to five times longer to master a complete lower denture compared to an upper denture.

Getting used to a denture takes time and patience. Remember, your gum tissue changes, not your denture. For some patients, many visits to the dentist for adjustments are needed. A big gain or loss in body weight can change the fit of your denture.



Please call our office at 803-239-2200 if you are experiencing ongoing pain or discomfort or if you have any concerns regarding your denture or partial.

If after hours, please call MedCom at 803-256-7960.

Post Operative Instructions Following Denture or Partial Delivery



***A Brighter Smile Family and Cosmetic Dentistry
1410 Colonial Life Blvd.
Ste. 160
Columbia, SC 29210
803-239-2200
Dr. Joann M. Thompson***

Getting used to your denture:

A new denture is uncomfortable for the first several weeks. It may feel loose while the muscles of your cheeks and tongue learn to hold it in place. Saliva may increase. You may bite your cheeks or tongue as you learn to use your new denture.

It takes practice and patience to eat with dentures. Start with soft foods cut into small portions. Chew slowly and use both sides of your mouth at the same time to keep the denture from moving out of place.

Your denture may sometimes slip out of place when you laugh, cough or smile. Put it back in place by gently biting down and swallowing.

Although your denture is custom made to fit your mouth, your dentist may suggest using a denture adhesive while you get used to wearing it. Keep in mind that a denture adhesive is only a temporary fix.

The following will help you to use and properly care for your new denture/partial:

It is normal to experience some discomfort, sore spots and speech problems while getting used to your new dentures. Your dentures will need a few adjustments until you are comfortable. To help with speech, read aloud for a few minutes every day. Your mouth will adjust, and your speech will improve.

Dentures and partials will often need several adjustments in order to fit comfortably.

Dentures should be removed overnight or for at least 6 hours a day to give your mouth and gums time to rest. Food particles trapped under the denture cause inflammation and sore spots. Brush the roof of your mouth as well as your gums and tongue. This will help keep your mouth healthy.



Ongoing Care for Dentures/Partials:

Brush your teeth and the surrounding tissues after every meal and snack and flossing at least once a day before bedtime. If you have full dentures, brushing the dentures daily is very important.

Rinsing your mouth with water or mouthwash will help to remove any additional particles that may have been missed during brushing and flossing.

Make sure to visit our office at least once a year to have your dentures or partial adjusted and checked by the doctor. Wearing ill-fitting dentures or partials without proper care and adjustment can cause bone loss in the jaw area and oral disease.

