



Information About Your New Complete Dentures

The following information will be helpful to you:

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. Don’t worry about these areas. They can be relieved with very little effort during your next appointment.
3. **Chewing:** The new bite or occlusion may not feel completely comfortable for a period of days. We will adjust the contacting surfaces of your teeth when necessary.
4. **Upper vs. Lower Dentures:** Your upper dentures will rest comfortably in place with moderate to strong “suction”. Although your lower denture will be stable, it is infrequent that “suction” can be expected on a lower denture.
5. **Cleaning the Dentures and Your Mouth:** Your dentures can be cleaned easily by using a denture toothpaste and a denture brush. Denture soaks are also useful for the denture. Brush your gums with a regular toothbrush once per day to clean them. You should leave the dentures out of your mouth at night and soaking in water.
6. **The Future:** Your jaw bones and gums shrink up to 1/32 of an inch per year when your teeth are missing. This shrinkage is one of the main 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 of the dentures is necessary. Wearing ill-fitting dentures for too long without refitting can cause additional bone loss or other oral diseases.

If you have any questions please call the MIT Dental Service at 617-253-1501