



Dr. Bruce R. Neumann DDS
780-458-7792

St. Albert Summit Dental Centre
www.bruceneumanndds.ca

NEW DENTURES

WHAT TO EXPECT

- The new dentures may feel awkward or full.
- Your speech may be changed slightly.
- You may find it difficult to eat foods you were able to eat with your old dentures.
- New dentures might feel loose.
- Sore spots often develop quickly due to pressure spots on your gums
- You might develop sore jaw muscles.
- Bite feels different.

SUGGESTED REMEDIES

- Persevere in wearing the dentures so that you learn and train yourself to speak and eat with the dentures as fast as possible.
- Reading aloud is a great way to overcome changes in speech.
- Eat soft foods. Taking small bites and chewing slowly aid in getting used to the new dentures. Avoid sticky foods.
- When chewing through food with your front teeth, protrude your lower jaw slightly forward before chewing and then bite through the food moving the lower jaw backwards.
- Biting through the food with your side teeth may help to prevent dislodging of the dentures. To chew food on your back teeth, evenly distribute the food on both sides and chew straight vertically.
- As the dentures settle in, the looseness you may be experiencing will decrease.

This form is provided for information and education purposes only.
Please use it for your benefit and contact our office if you have any additional questions.



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NEW DENTURES (cont'd)

SUGGESTED REMEDIES

- If sore spots develop, call the dental office to book an appointment to have the pressure spots adjusted. Wear the dentures enough to maintain the sore spots until you return to the office. This allows for more precision in locating and adjusting these pressure spots. Remember sore spots often don't resolve themselves. If your adjustment appointment is a few days away, wear your old dentures and then start wearing the new dentures again a day or two prior to the adjustment appointment.
- For sore jaw muscles, give yourself a break from wearing your new dentures. However, try and keep this to a minimum and gradually decrease the length of the breaks.
- If the bite feels high, remember that the dentures were made to recapture any deficiencies that might have developed with your old dentures as they wore out. Patience and perseverance is needed to overcome the awkwardness of a new bite. However, if you find a high spot with the bite, take note of where the spot is and call the office to book an appointment for an adjustment.
- If any of these problems persist, call our office to get it evaluated and treated.

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