

Getting Used to New Dentures or Partial

New dentures take a little getting used to, and a few adjustments are part of getting the fit just right. Some soreness for the first few days is normal.

The first weeks

- Read aloud for a few minutes each day. It's the fastest way to get comfortable speaking with them.
- Come back for adjustments whenever something rubs. Most people need a few.

Every day

- Take your dentures out overnight, or for at least six hours a day, so your gums can rest.
- Clean them when you take them out, and store them in a clean container with denture cleaning solution.
- Brush your gums, tongue and the roof of your mouth gently. This clears away food that can cause sore spots.
- If you have a partial, brush and floss your natural teeth after meals and once more before bed.

Long-term

- See us at least once a year so we can check the fit. A denture that no longer fits well can lead to bone loss and gum problems.

Call us if you have soreness that doesn't go away or anything feels off. 845-358-5110

For a serious or life-threatening emergency, call 911 or go to the nearest emergency room.

This is general advice only. Please contact your doctor directly if you need specific care instructions.

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