

ALLAN HAMBURG DDS, P.C.

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NEW DENTURES

THERE ARE OVER 45 MILLION AMERICANS THAT WEAR DENTURES TODAY AND ALL HAD TO GO THROUGH A PERIOD OF ADAPTATION. YOU WILL ALSO. AT FIRST YOU MAY EXPERIENCE SOME OF THE FOLLOWING. IT IS IMPORTANT YOU READ THIS AND FEEL FREE TO HAVE YOUR DOCTOR EXPLAIN ANYTHING YOU MAY NOT FULLY UNDERSTAND.

1. A FEELING OF FULLNESS IN YOUR MOUTH
2. A GAGGING SENSATION
3. EXCESSIVE SALIVATION
4. DIFFICULTY IN SPEAKING
5. A NEED FOR SOFT DIET
6. POSSIBLE SORENESS

SPEAKING: IT WILL TAKE A LITTLE TIME FOR YOUR MOUTH TO ADJUST TO THE FEEL OF YOUR NEW TEETH. YOU MAY HAVE TO PRACTICE CONTROL OF SWALLOWING AND FACIAL MUSCLES. YOU MUST LEARN TO CONTROL THE TENDENCY TO TONGUE THRUST, WHICH MAY DISLodge YOUR LOWER DENTURE. DO NOT FEEL EMBARRASSED: THE TRANSITION TIME IS RELATIVELY SHORT. FIRST TRY TO SPEAK A LITTLE SLOWER THAN USUAL, AND YOU WILL SOON MASTER THE SLIGHT ADJUSTMENT YOU HAVE TO MAKE TO ACQUIRE YOUR FORMER SPEAKING ABILITY.

EATING: YOU NEED TO BE AWARE THAT YOU CAN NOT BITE, TEAR OR GRIND FOOD AS BEFORE. AGAIN IT WILL TAKE YOU A WHILE TO DEVELOP THE SOCIAL CONTROL OF MUSCLES YOU WILL NEED TO UTILIZE YOUR NEW DENTURES EFFECTIVELY. YOUR EATING HABITS WILL HAVE TO CHANGE SOMEWHAT. YOU MAY HAVE TO TEMPORALLY AVOID SOME FOODS THAT ARE HARD, STICKY, OR CHEWY. YOU MAY HAVE TO SELECT MORE FOODS THAT ARE SOFT. YOU MAY HAVE TO CUT YOUR FOOD INTO SMALLER PIECES AT FIRST AND EAT SLOWER. MOVE YOUR JAWS IN A NATURAL FASHION. AS ABNORMAL MOVEMENT MAY TEND TO DISLodge THE DENTURE. YOU SHOULD NOT BITE DOWN HARD WITH YOUR FRONT TEETH UNTIL YOU ARE WELL PRACTICED AT IT. TRY TO AVOID VERY HOT FOODS AND DRINKS TO PREVENT BURNS, SINCE DENTURES INSULATE TEMPERATURE SENSATIONS. IT IS UP TO YOU AS TO

WHETHER OR NOT YOU WANT TO USE DENTURE ADHESIVE TO INCREASE YOUR CONFIDENCE AND HELP IN PREVENT DENTURE DISLODGMET.

CARE OF YOUR DENTURES: IT IS RECOMMENDED YOU CLEAN YOUR DENTURES TWICE A DAY TO REMOVE PLAQUE, STAINS AND ODOR CAUSING BACTERIA. KEEP IN MIND THE SURFACE OF YOUR DENTURE IS SOFTER THAN NATURAL TEETH AND CAN BE MORE EASILY DAMAGED. SO TREAT YOUR DENTURES WITH CARE AND AVOID USING ANY KIND OF ABRASIVE CLEANER.

DO'S:

- BRUSH GUMS AND TONGUE GENTLY USING REGULAR TOOTHPASTE. THEY ALSO NEED CLEANING AND STIMULATION
- CLEAN DENTURES OVER A SINK HALF FILLED WITH WATER TO PREVENT DAMAGE IF THEY ARE DROPPED
- STORE YOUR DENTURES IN A SOLUTION OF WATER AND MOUTH WASH OR SPECIAL DENTURE SOAKING SOLUTION WHEN NOT BEING WORN
- ASK YOUR DENTIST ABOUT REMOVING YOUR DENTURES AT NIGHT. THIS IS GENERALLY A GOOD IDEA TO HELP REST THE TISSUE ON THE DENTURE BEARING AREAS
- FOLLOW THE DIRECTIONS OF YOUR DENTIST AND IF SORENESS DEVELOPS, CONTACT HIS/HER OFFICE

DON'TS:

- DO NOT USE BOILING WATER ON YOUR DENTURES, OTHERWISE THEY MAY WARP
- DO NOT USE ROUGH HOUSEHOLD PRODUCTS, WHICH CAN DAMAGE THE DENTURE SURFACE
- DO NOT USE HARSH ABRASIVE, WHICH INCLUDED MUCH REGULAR TOOTHPASTE. ASK YOUR DENTIST TO RECOMMEND WHICH ONE TO USE.

ALSO REMEMBER: BE SURE TO SEE YOUR DENTIST FOR REGULAR CHECKUPS. MOUTH TISSUE CHANGES AND ADJUSTMENTS TO YOUR DENTURES MAY BE REQUIRED TO ENSURE CONTINUED PROPER FIT AND GOOD ORAL HEALTH. REMEMBER THAT DENTURES ARE NOT PERMANENT. THE SUPPORTING BONE UNDERGOES CONSTANT CHANGE AND SHRINKAGE, WHICH CAN LEAD TO REDUCED DENTURE STABILITY, RETENTION AND TISSUE IRRITATION. YOUR DENTIST CAN DETERMINE WHEN THIS CHANGE NECESSITATED RELINING, REBASING OR REMAKING YOUR DENTURE. ALSO REMEMBER THAT ONE OR MORE ADJUSTMENTS TO YOUR NEW DENTURES MAY BE NEEDED TO ENSURE A COMFORTABLE FIT.

DO NOT BECOME FRUSTRATED. THE MORE MOTIVATED YOU ARE, THE SOONER YOU WILL FEEL COMFORTABLE WITH YOUR NEW DENTURES. WITH PRACTICE YOU WILL SOON BE SPEAKING, EATING AND SMILING WITH CONFIDENCE.

_____ PATIENT SIGNATURE
_____ DATE