# *Your New Dentures*

island DENTISTS

## The first week

**What's normal:**

- Your dentures feel big or bulky
- You make extra saliva
- Some words sound lisped or whistly

**What helps:**

✓ Read out loud a few minutes a day

✓ Eat soft foods: eggs, yogurt, soup, fish, cooked vegetables

✓ Cut food small and chew on both sides at once

## Weeks two and three

- A sore spot or two is common.
- **Don't file, bend or adjust your dentures at home.** Call us. A small adjustment often makes a big difference.

## The months ahead

- **Remember:** Dentures are a replacement and will never feel exactly like your own teeth. It will take time to get used to them.
- Most people settle into a routine within a month or two.
- Go easy on sticky or very hard foods, like caramel, popcorn and hard nuts.
- Your gums change shape over time. If your dentures start to feel loose, we can often reline them here in the office instead of making new ones.

## Paying for your care

We accept most dental insurance, including Medicare Advantage plans. For what insurance doesn't cover, ask about CareCredit or Cherry financing.

CareCredit

Cherry

## Daily care

✓ Rinse after eating

✓ Brush daily with a soft brush and denture cleaner, not regular toothpaste

✓ **Take them out at night** and keep them in water or a soaking solution

✓ Keep up with your checkups

### Call us at (386) 385-3700 if:

- A sore spot bleeds or doesn't improve after a couple of days
- You can't wear your denture because of pain
- Your denture feels loose, clicks or slips
- Your denture cracks or breaks

## Want a more secure fit?

Implant-supported dentures snap onto a few small implants, so they slip less. Implants require minor surgery and healing time, and they aren't right for everyone.

### *Already have dentures?*

**You may not need new ones.** In many cases, we can add implants and fit your current denture to snap into place. Ask us if it's an option for you.

**Island Dentists**
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Mon–Fri 9–4 · Alternating Saturdays 8–1

*We love making you smile.*