

### Getting used to new dentures



Muscular control plays a big role in getting used to dentures, as it involves learning to coordinate your tongue, lips, and jaw to keep the dentures stable and functional. Getting used to new dentures can take time and it's completely normal to feel uncomfortable or frustrated during the adjustment period. Here are some tips to help you get through the process:

1. **Give It Time:** It's common for new dentures to feel a bit loose or uncomfortable at first. Your gums need time to adjust to the new appliance, and your dentures will often settle in better after a few weeks.
2. **Practice Speaking:** It may feel odd to talk with new dentures, especially if they're loose. Practice reading out loud or saying certain words to get more comfortable. The more you practice, the easier it will get.
3. **Eating Tips:** Start with softer foods and cut them into smaller pieces. Chewing gently on both sides of your mouth can help you get used to the dentures and avoid putting too much pressure on one area.
4. **Adhesive:** If your dentures are feeling loose, denture adhesive can help keep them in place while you adjust. Just make sure to follow the instructions carefully.
5. **Keep Your Mouth Clean:** Brush your dentures and gums regularly to prevent discomfort or irritation. Make sure to clean them after every meal.



6. Regular Checkups: If the fit continues to feel uncomfortable or you're experiencing pain, reach out to your dentist or prosthodontist. They can make adjustments to improve the fit.

7. Stay Patient: It can take some time (a few weeks to a couple of months) to fully adjust to wearing dentures, so try to be patient with yourself during the process. Patience is key when it comes to muscular control with dentures. As your muscles become more accustomed to the new shape and feel, you'll gain better control over time.

If the dentures are still causing significant discomfort or feel too loose after a reasonable period of adjustment, definitely give us a call on 0116 2604604 to see if further adjustments are necessary.