



Common Denture Problems & How To Solve Them

Though dentures can be a lifesaver, it can take some time to get a perfect fit.

Issues with New Dentures

Going to the dentist to get new dentures can be quite exciting, especially if one has gone without teeth for a length of time. However, patients should be prepared for the possibility that getting a new denture that fits properly may take several appointments and a bit of time.

Though maybe not the most convenient, visiting the dental office for several denture fittings before receiving their completed dentures can be quite beneficial for the patient. Through several fitting appointments, dentists can finely tune dentures to ensure the best fit and prevent issues patients could otherwise experience from ill-fitting dentures.

Upon receiving a new denture, it can take some time to get used to it. Patients may experience trouble with speaking or eating certain foods. The solution to these issues is usually time, practice, and patience.

If, after getting new dentures, the patient finds it difficult to speak or eat, they can:

- Start off by speaking slowly
- Practice any words they find difficult to say with their new teeth
- Try eating soft foods, like mashed potatoes or eggs
- Chew slowly
- Avoid hard or sticky foods, like taffy or caramel.

If, despite practicing and allowing time for adjustment, it still seems that the new dentures don't fit properly, the patient should contact their dentist for an exam to see if any additional adjustments are needed on their new teeth.

Poorly Fitting Dentures

It can be easy to become frustrated when dealing with dentures that don't fit properly. Instead of throwing the dentures in a drawer and getting by without teeth, patients should contact their dental office, as there is likely something the dentist can do to help out.



Preventing Denture Issues

Though it may take professional intervention to assist with ill-fitting dentures, mouth infections can usually be prevented by practicing good oral hygiene and denture care.

Those with dentures should:

- clean all surfaces of their mouths daily, before putting in their dentures
- clean their dentures every night
- continue to visit the dentist for routine exams
- otherwise follow their dentist's recommendations for daily denture care.

If your dentures cause you pain or frustration or you are experiencing any symptoms of an infection, call your dentist – there's a good chance they just might be able to help!

Signs of ill-fitting dentures include:

- Dentures sliding around in the mouth
- Dentures falling down or out when talking or laughing
- Dentures pinching gum tissue
- Dentures creating sores or infection due to friction

One of the reasons why loose dentures are so common is because our mouths continue to change, especially once teeth are removed. Gum tissue shrinks and bone structure changes, so over time, dentures may become loose.

Many choose to use a denture adhesive when their dentures don't stay put, however, this work-around can be expensive and may be unnecessary if the dentures can be adjusted by a dentist. Those opting to use denture adhesive should be cautious and use only the amount of adhesive recommended in the product's directions.

Dentures that fit too tightly can cause irritation and sores, leading to an infection of the mouth. Untreated infections can lead to more serious overall health issues.

In any case, patients who experience issues with the fit of their dentures should consult with their dentist to determine what steps can be taken to address the issues. The dentist may recommend an adjustment to the existing denture or a replacement altogether, but patients should never try to adjust dentures themselves.

Mouth Infections

Denture wearers are susceptible to different kinds of yeast infections when dentures don't fit well, in areas where yeast accumulates in moist areas of the mouth.

Symptoms of this type of infection can include:

- Small bumps on the roof of the mouth or under upper dentures
- General redness and inflammation of the mouth
- Cracking at the corners of the mouth.

Infections of this type can generally be treated with a prescription medication and improved denture care. Patients who wear dentures should keep a close eye on the condition of the tissues in their mouths and contact their dentist if they experience any abnormal symptoms.



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