

## Chewing patterns with your new dentures

It takes time for the body to become acclimated to almost anything new. With your new denture, it will take time, adjustment and patience to learn how to use this great, new, technologically advanced tool. While chewing with your new denture, remember the following:

- ❑ Your chewing teeth (back teeth) are closer together so you don't need to bite down as hard as you did with your previous denture.
- ❑ Remember that the front part of your mouth has soft bone, so eating corn on the cob or apples using your front teeth may cause major soreness, and is NOT recommended.
- ❑ Place the food in your mouth and allow your saliva to mix in with the food.
- ❑ With your tongue, divide the food equally on both sides of your mouth.
- ❑ Begin chewing on both sides simultaneously. Balanced chewing is possible with your new dentures. Balanced chewing using your back teeth on both sides eliminates dislodging of your lower denture and food won't get trapped under it.
- ❑ Take small bites. The key is to take more bites, just with less pressure.
- ❑ Start eating soft foods until you become accustomed to your new bite. Then gradually add more solid foods.
- ❑ If you are clicking, you are possibly biting down too fast. In most cases, the back chewing teeth on your old dentures were further apart and will require some time to adjust to the new closing distance.
- ❑ Use less force when closing your mouth. Your brain will need some time to reprogram and let you know how far to close, and how much pressure is needed to make the upper and lower teeth contact.
- ❑ If you get a sore from eating something hard, then take your dentures out and rinse with warm salt water. **Do not attempt to adjust your new dentures yourself**. If a sore spot persists after a couple days, then contact our office to schedule an adjustment appointment. Please return to our office with the new dentures in your mouth so we can find the problem and make necessary adjustments. **Do not switch** between wearing your new denture and any old denture—we won't know what to adjust if you do this.