

Instructions on how to speak with your new denture

Talking with your new denture may initially seem awkward. It may feel as if you have a mouth full of saliva and your tongue may feel “boxed-in”. You may also have some difficulty with specific sounds. Give this some time and you will overcome these obstacles. Reading aloud is always helpful to improve the phonetics with the new denture. Try to concentrate on how you say each word. And, **slow down**. You’ll get back to your normal speed as you gain confidence.

The Tongue:

Remember that your tongue has strong muscles and can easily move a denture out of place. Your tongue position needs to get used to the location of the new teeth. So it will take time to train the tongue where it needs to rest and move.

For example: When you are saying words with “T” or “D” the tip of your tongue should hit the roof of your mouth. When you are swallowing, you should also practice aiming the tip of your tongue to hit the top of your denture. If your tongue is aimed at the back of your front upper teeth, it will cause the denture to eventually move out of place.

Exercises.

1. Swallow. Try to notice where the tip of your tongue was aimed, and where did it end up after you swallowed. If the tip of your tongue aimed at the roof of your mouth, then you will experience better stability of your upper denture. If the tip of your tongue hits the back of the upper front teeth, you will experience dislodgment of the upper denture.
2. Practice with words that begin with T & D: Today’s Denture Technology is Totally Tremendous.

Words with “S”

The new denture system also makes sure that your jaw joints are positioned where they can function more efficiently and give you better comfort. In most cases, the lower jaw will be moved back from the acquired “over-jetted” position. This creates an air gap to flow between the upper front teeth and the lower front teeth. In order to say words that start with “S” and not get a “SH” sound, you must learn to slide your lower jaw forward in order to almost make contact between the upper front teeth and the lower front teeth. Practice by sliding your lower jaw where the upper front teeth and the lower teeth are almost meeting. Then say “SIXTY SIX.” You should notice a nice “S” sound. By sliding your lower jaw forward, you will no longer have the air gap between the upper and lower front teeth. Next, practice by counting from SIXTY to SEVENTY SEVEN until you feel comfortable.