

New Denture Adjustment & Cleaning

What's Normal at First, and Your Daily Care Routine

New dentures take real getting used to, and almost everyone goes through an adjustment period. Knowing what's normal — and that it does pass — makes that first stretch a lot less frustrating.

What to Expect at First

- Dentures may feel loose, shift while chewing, and feel bulky at first, even though they're thin.
- Some soreness or irritation while gum tissue adjusts is normal — but a spot that doesn't ease up is worth a visit, not something to push through.
- It's completely normal to need your dentures adjusted several times in the beginning.
- Speech may sound different at first; reading out loud is a genuinely useful practice technique.

The One Rule That Always Applies

Take your dentures out before bed every night, and put them back in the following morning — this gives your gum tissue a real chance to rest.

Your Daily Cleaning Routine

- Rinse the denture well, then apply a denture cleanser to a moistened brush and clean every surface gently — scrubbing too hard can damage the base or bend a clasp.
- A denture-specific brush is ideal, though a soft-bristled toothbrush works too. Skip stiff brushes, household cleaners, most toothpastes, and never use bleach.
- When not being worn, store the denture in a denture-cleaning solution or plain water — never let it dry out, and never use hot water (heat and drying can both warp the material).
- Clean or handle dentures over a folded towel or a sink half-filled with water — even a short drop can crack the base.

Care for Your Mouth, Too

Brush your gums, tongue, and palate with a soft brush before inserting dentures each day, and keep up a yearly dental visit even with no natural teeth — we check denture fit and screen for oral cancer at that visit.