

# Your New Dentures

**Dentures can help you to Eat Better and give you a Confident New Smile**

## Your New Look

Dentures can dramatically improve your appearance – even if you are replacing old dentures. It is important that you spend some time discussing with your dentist the changes in the colour, shape and arrangement of your teeth so that you will get the look you desire. Your dentist will be able to advise you on what would be suitable for you and any limitations the denture may have.

## Learning to use your new dentures

Dentures are artificial replacement of what you have lost. In the beginning, they will not feel natural. It will take time & patience to get used to the shape and size of your new dentures – even if you have worn dentures before.

### Eating

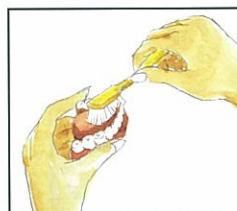
- You will need to learn how to use your cheek muscles and tongue to hold your dentures in place.
- For the first few days, take soft foods only.
- Take smaller and slower bites.
- Cut your food into smaller pieces.
- As you get more confident, go on to harder foods. If some parts of your mouth hurt, make appointments with your dentist so that your dentures can be trimmed or adjusted. Such alterations to your dentures may need to be made a few times until you become comfortable.

### Speaking

When your dentures are new, you may feel awkward when you speak. You may also feel that you have more saliva. This is natural. The best thing to do is to wear your dentures and read aloud. The more you speak, the faster you will get used to your new dentures.

## How to care for your dentures

- Take out your dentures and rinse your mouth and dentures thoroughly after every meal to remove food debris.
- Use a brush to clean all surfaces of your denture.
- Try not to sleep with your dentures on. Continuous wear of your dentures may make the gums under your dentures red, soft and unhealthy.



- Before sleeping, brush your dentures and keep them in water or denture cleansers. All this will help to keep your breath fresh and clean. Dirty dentures can cause discomfort and even infections.
- If you are not using your dentures, store them in water so that the plastic will not change shape
- Your dentures can break if you drop them. Broken dentures should not be worn as they may be swallowed accidentally. Visit your dentist immediately to get them repaired or replaced.



## Dentures need to be replaced

- With constant use, your dentures will wear down.
- They may also absorb food or nicotine stains and look dirty.
- Your jawbones will shrink with time and your dentures will become loose.
- In severe cases of bone loss, alternatives like implants may need to be considered to improve the stability of your dentures.
- Health problems e.g. vitamin deficiencies, diabetes, chronic illnesses, and the side-effects of medicines can affect your mouth and change the way your dentures fit. Dentures should be replaced every 3-5 years

## Do not wear badly fitting dentures

- Poorly fitting or loose dentures can increase bone loss of the supporting tissues
- It can also cause sore spots or gum overgrowth.
- Long-term wear of badly fitting dentures can affect your appearance and eating habits



A dental health education leaflet by the  
**Singapore Dental Health Foundation**  
[www.dentalhealth.org.sg](http://www.dentalhealth.org.sg)

# 您的新假牙

假牙将让您进食更容易  
也让您拥有自信新笑容

## 您的新形象

假牙能够大大改善您的面容 – 即使当您换下的是旧假牙。您应当多花些时间和您的牙医讨论更换牙齿的颜色、形状和排列来获得您所渴求的形象，这是非常重要的。您的牙医将会把最适合您的假牙治疗方式介绍给您。

## 学会使用您的新假牙

假牙是在牙齿缺失后的一种人造的替代品。您刚使用时将会感到不自在、不自然。所以您需要多些时间和耐心来习惯新假牙的形状和大小 – 即使您曾经佩戴假牙。

### 进食

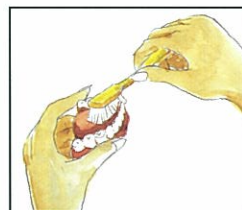
- 您需要学会如何使用您的面颊肌肉和舌头来固定您的假牙。
- 在最初的几天内，请只吃软食。
- 进食时要细嚼慢咽。
- 将食物切成小块。
- 当您对自己更有信心时可以恢复吃较硬的食物。如果口腔某些部位受伤，请预约您的牙医来修整您有问题的假牙。您的假牙可能需要在调整数次之后才会让您觉得舒服。

### 说话

当您刚开始使用新假牙时可能会觉得说话不方便，还会感到过多口水的产生。这种情况很正常。而最好的解决方法是戴上假牙大声朗读。只要您说越多的话，就会越快的习惯您的新假牙。

## 如何照顾您的假牙

- 每次饭后需拿出假牙，用清水漱口并彻底洗净假牙，以清除食物残屑。
- 使用牙刷清洁假牙的所有表面。
- 不要戴着假牙睡觉。持续佩戴假牙会使假牙齿下的牙龈红肿、变软并有损健康。



- 睡觉前，先将假牙洗刷干净，然后再泡在水或假牙清洁液中。以上一切让您保持口气清爽、干净。不干净的假牙会让感觉不舒服，更甚至会引起发炎感染。
- 当没有使用假牙时可将其存放在水中，好让假牙不会变形。
- 假牙如果掉落地上将可能会破损。请不要佩戴破损的假牙，因为它们可能会被意外地咽入。请立即预约牙医以修补或更换假牙。



## 假牙需要更换

- 由于经常使用，您的假牙将会出现磨损。
- 假牙还会吸附食物或尼古丁斑痕，看上去很脏。
- 您的颧骨会随着时间而收缩，所以假牙会变松。
- 在骨质严重流失时，可能需要考虑使用植入物等方法令假牙更加稳固。
- 一些健康问题，如维他命缺乏症、糖尿病、慢性病和药物副作用，会对口腔造成影响并改变假牙的合适性。每3-5年需更换一次假牙。

## 不要佩戴不合适的假牙

- 不合适或松弛的假牙会加速支持组织的骨质流失。
- 它还会导致局部疼痛和牙龈增生。
- 长期佩戴不合适的假牙会影响您的面容和进食习惯。



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