

Denture Guide Book

New dentures, what to expect?

New Hope Digital Dentures

New Hope Digital Dentures

introduction



Embracing Your New Smile:

A Guide for Denture Wearers

Welcome to the next chapter of your life! This guide is designed to help you navigate the journey of adjusting to dentures. By setting realistic expectations and building a strong relationship with your dental team, so that you can confidently embrace your new smile.

What to Expect:

A Learning Curve: In the initial weeks, you'll be relearning essential oral functions like smiling, chewing, speaking, and even kissing. While this may seem daunting, remember that everyone's experience is unique.

The Power of Patience: Adjusting to dentures requires time and patience. It's a process that involves commitment and grace.

Open Communication: Establishing open communication with your dental team is crucial. They are your partners in this journey, and their expertise can help you achieve optimal comfort and function.

Our Commitment to You: At New Hope Digital Dentures, we're dedicated to providing you with the best possible experience. This guide is just one way we're committed to supporting you. We're here to answer your questions, offer guidance, and help you achieve a beautiful, healthy, and confident smile.

Let's embark on this journey together!

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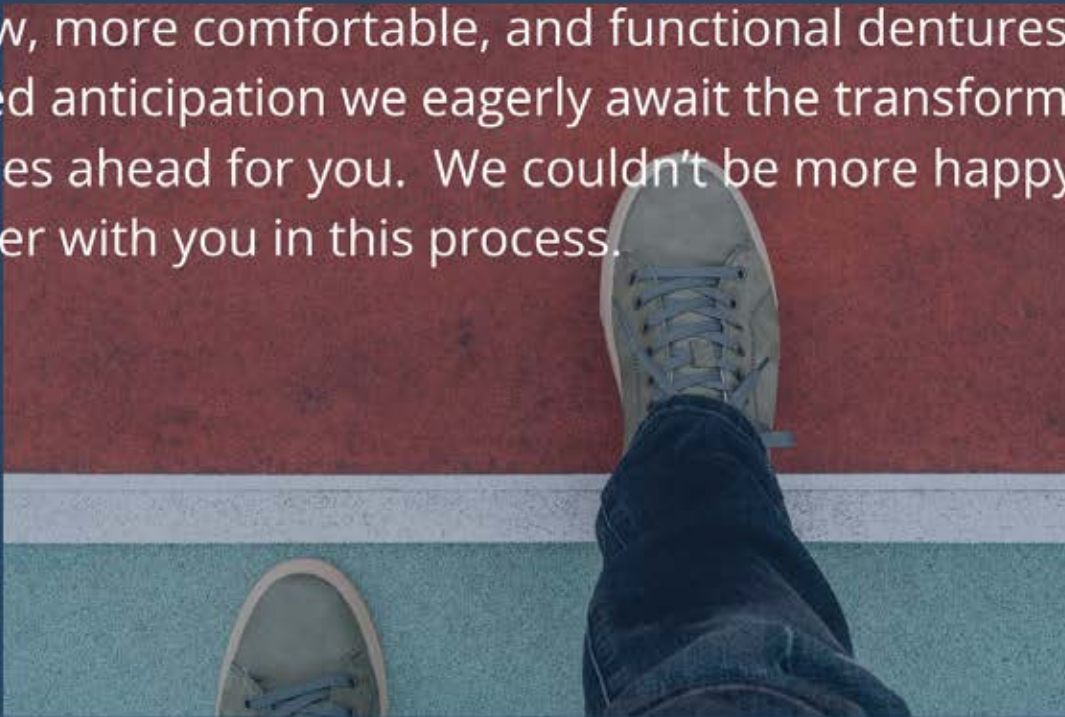


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1. Now is the time!

So you have decided that now is the time. That after years of struggling with old worn-down or poorly fitting dentures you are ready for something new. Or you think it's finally the time to transition into dentures. This is a big step for you. We get it. We are ready to help you embark on this journey toward a renewed smile. Regaining confidence in your smile means so much. We are glad you have decided to take the first step and consult with a dental professional from *New Hope Digital Dentures* to explore the possibilities of new, more comfortable, and functional dentures. With excited anticipation we eagerly await the transformation that lies ahead for you. We couldn't be more happy to partner with you in this process.



2. Creation of your new denture

First Step with Teeth: A New Smile, One Step at a Time

Patients new to dentures who still have some natural teeth start with what we call "healing dentures." These temporary dentures are designed to help you adjust to life without your natural teeth while your jawbones and gums heal after tooth extraction. This transitional period typically lasts 3 to 4 months.



It's important to understand that healing dentures aren't perfect. While we strive to create the best possible fit, factors like the changing shape of your gums and jawbone can affect the fit. This can sometimes lead to slight misalignments in your smile or bite. However, rest assured that we're working diligently to recreate a natural-looking and functional smile for you, even when we're starting with limited information.

In some cases, we may even need to create multiple sets of healing dentures as we fine-tune the fit and appearance. Every patient's journey is unique, and we're committed to providing you with a smile you're proud to show off.

These healing dentures serve as a valuable blueprint for your final dentures. They help us understand your ideal smile and bite, ensuring that your final dentures are both beautiful and functional.

..... 3. Creation of your new denture

Building on Your Existing Denture

If you already have dentures, we have a great foundation to work with. It's like a remodel! We'll use your current denture as a starting point to design a new, improved version. Don't worry if your old denture is worn or doesn't fit well. Even imperfect dentures can provide valuable information for creating a better one.



A Step Closer to Your Perfect Smile

At your second visit, we'll provide you with what we call "test dentures." These dentures are designed based on your old ones but with significant improvements. They'll help us fine-tune the fit, function, and appearance of your final denture. While some patients may need just one set of test dentures, others may benefit from multiple sets as we work through any challenges.

Your New, Improved Smile

Once we've perfected the fit, function, and aesthetics of your test dentures, we'll create your final denture. This denture will be the best possible version of a denture for you, designed to enhance your ability to eat, speak, and smile with confidence.



4. Introduction to your new digital denture

Embarking on the journey of getting dentures is not just a step toward new hope for your smile, but a profound learning curve that often leads to self-discovery and resilience. Like any curve in life, it may seem challenging at first, but within every challenge lies an opportunity for growth and positive transformation.

You may have been without teeth, without a denture, or with poor dental health for quite some time. Each of these situations will cause you to eat, speak, and act differently. At one time that was a learning curve, now it is your normal. New dentures will cause you to eat, speak and act differently too, however, it happens fast. It will take time to adjust just like it did in the past.

Fortunately, digital dentures are created in a way completely different than old traditional dentures in the past. No more messy impressions. We use 3D scanning, 3D design and additive printing to create the best fitting, most accurate dentures possible.

These dentures are significantly stronger than traditional dentures as well. Decreasing the chances of dentures breaking when dropped.

Digital dentures are also unique in that they are digital. Meaning we have digital files of your exact denture. If you lose your dentures, we can reprint an exact copy of your old dentures in a few days. Using the computer files from when we first designed your original dentures.

5. Fit, Function and Aesthetics

Fit:

- **Comfort:** The denture should feel comfortable in the mouth, without any pressure points or irritation that cause sore spots.
- **Stability:** The denture should stay securely in place during speaking, chewing, and smiling.
- **Retention:** The denture should not slip or move around, even when eating or talking.

Function:

- **Chewing:** The denture should allow for efficient and comfortable chewing of a variety of foods.
- **Speech:** The denture should not interfere with clear and understandable speech.
- **Saliva Flow:** Saliva is important, its what helps hold your denture in place.

Aesthetics:

- **Natural Appearance:** The denture should look natural and blend seamlessly with the surrounding facial features.
- **Smile Line:** The denture should create a balanced and aesthetically pleasing smile line.
- **Tooth Color and Shape:** The teeth on the denture should match the patient's natural teeth in color and shape.

A well-made denture will address all these factors, ensuring both comfort and functionality while enhancing the patient's smile

..... 6. Staying Healthy

Good nutrition is vital to healing!

To ensure optimal health, healing and comfort with your new dentures, consider incorporating a balanced diet rich in protein. Protein-packed foods like lean meats, fish, eggs, beans, and tofu will aid in tissue healing and speed up your overall recovery. In the early stages, it may be necessary to drink protein shakes like Ensure to get the protein you need.

Pair protein with plenty of fruits, vegetables, and whole grains to provide essential vitamins and minerals. Remember to chew slowly and carefully, especially during the initial adjustment period. Stay hydrated by drinking plenty of water throughout the day. By following these dietary guidelines and maintain good oral hygiene, you can enjoy a healthier and more confident smile with your new dentures.

Warm salt water rinses are also helpful in the early stages of healing.





7. Home Care



Cleaning and maintaining your dentures

- **Regular Maintenance:**
 - Dentures require proper care and maintenance every day. Just as you would have maintained your natural teeth. You will need to spend time each day maintaining them. But you don't have to floss them!
 - Denture tooth brushes
 - mild denture cleaning pastes
 - UV sanitizers
 - Over the counter denture cleaning tabs
 - after proper cleaning, place your dentures on your counter on a dry hand towel to dry out over night
 - Don't store in water
- **Follow-Up Appointments:**
 - It is still important to get yearly checkups with your dentist. At these appointments, we will check to make sure your dentures are still fitting properly and check your oral tissues. At these appointments we look for sore spots, fungal or mold infections as well as other changes in your oral health
- **Take your dentures out at night!**
 - The most common problem we see is that people sleep in their dentures. Doing this will lead to a looser fit, increased discomfort, sore spots, and stained denture teeth
 - Fungal and mold infections will also develop on your gum tissues and the dentures themselves. Once established it is very difficult to eliminate.

8. Your New Life

Proper Expectations/common experiences



- **Adjustment Period:**
 - It takes time to adjust to new dentures. How quickly you adjust will depend on how often you wear your dentures. We advise to wear your new dentures a few hours each day working up to a full 12 hours per day. This journey is a marathon, not a sprint.
 - Speech may be affected initially, and you may find it challenging to pronounce certain words. It will get easier with practice but typically it takes a few months.
 - Smile! This also may take time, practice! practice! practice!
- **Discomfort and Soreness:**
 - It's common to experience some discomfort or soreness during the initial days or even weeks of wearing dentures. The dentures may need smoothed down in certain areas. The gums and soft tissues may also need time to adjust. To help with pain use **Dr Diehl's Denture Adhesive cream**. This compounded medication can be ordered at Custom Rx per doctor's orders. If you continue having pain after using this product, make sure to call us.
- **Eating Challenges:**
 - Eating may be challenging at first, as you get used to your dentures as time goes on you will be able to eat a more varied diet.
 - Start with soft foods like yogurts, mashed potatoes, hot dogs

Transition Period

Adapting to new dentures can take time, and it's common to experience some discomfort initially. Here are practical steps to help you get used to your dentures:

1. Proper Expectations

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 - Start with soft foods.

Transition Period ::::



- Increased Salivation:
 - You may experience increased salivation, which usually decreases as dentures adapt. This is reduced as time goes on and your body adapts to having dentures.
- Regular Maintenance:
 - Dentures require proper care and maintenance. Just as you would have maintained your natural teeth. You will need to spend time each day maintaining them.
 - Your dentures need to be clean every day.
 - It is still important to get yearly checkups with your dentist. At these appointments, we will check to make sure your dentures are still fitting properly and check your oral tissues.
- Follow-Up Appointments:
 - Follow-up appointments with the dentist may be necessary. Reach out to your dentist if you feel you need them.
- Longevity of Dentures:
 - Dentures typically last on average 5-7 years. In that time you will have had less appointments in maintenance as those with teeth.

Transition Period

- Be Patient:
 - Adjusting to dentures takes time. Be patient with yourself and understand that it's normal to experience some discomfort initially.
- Practice Removal and Insertion:
 - Practice removing and inserting your dentures. This can help you become more confident in managing them, especially during cleaning and maintenance.
- Seek Support:
 - Share your experiences and concerns with friends or family who have gone through a similar adjustment. Visit our [Lifelike Denture](#) page on Facebook for weekly access to denture experts.
- Professional Adjustment:
 - If you experience persistent discomfort or sore spots, that you feel are beyond normal discomfort consult your dentist to be sure.



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