

# Managing Patient Expectations Self-Assessment Quiz

The first step in your denture journey is to understand your denture expectations. Complete this quiz and discuss your answers with your dental professional.

**1. With dentures, my smile will be:**

- a. Perfect, like a movie star's
- b. Natural and comfortable
- c. Fake-looking

**Answer:**

**2. With my new dentures, I'll be able to eat:**

- a. Whatever feels comfortable. I know it won't be the same, but I will enjoy more challenging foods again.
- b. Anything I want
- c. Soft, mushy foods – just like I have been eating

**Answer:**

**3. The best way to clean my dentures is:**

- a. Rinsing with water once in a while
- b. Using products specially designed for denture cleaning, like soaking tablets combined with brushing with the soaking solution
- c. Brushing with toothpaste

**Answer:**

**4. As my mouth adjusts to dentures, I may need to:**

- a. Refrain from social settings in case my teeth fall out unexpectedly
- b. Limit the amount of times I talk for fear of embarrassment
- c. Use an adhesive to increase my comfort and confidence

**Answer:**

**5. I should continue to visit my dentist:**

- a. Never. I don't have real teeth anymore so I don't need to see a dentist
- b. Only in the event that something is wrong
- c. Once a year, or however frequently my dentist instructs me

**Answer:**

**6. With my new dentures, I can expect:**

- a. To be comfortable eating and socializing, and to experience an improvement over my old smile
- b. To be able to live just like I did with normal teeth
- c. Lots of pain and inconvenience

**Answer:**

Questions to ask my dental professional: .....

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Visit [MyPoliCare.com](http://MyPoliCare.com) to help you prepare for your denture journey. Register to receive care and maintenance information, tips, advice, special offers and savings.


(Please see answers on reverse side)

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The first step in your denture journey is to understand your denture expectations. Complete this quiz and discuss your answers with your dental professional.


**1. With dentures, my smile will be:**

- a. Perfect, like a movie star's
- b. Natural and comfortable**
- c. Fake-looking

**Answer:** B. Your dentist will work with you to create natural looking dentures that complement your entire face. Read more about the denture process at  **MyPoliCare.com**.


**2. With my new dentures, I'll be able to eat:**

- a. Whatever feels comfortable. I know it won't be the same, but I will enjoy more challenging foods again.**
- b. Anything I want
- c. Soft, mushy foods – just like I have been eating

**Answer:** A. Dentures will give you a stronger bite force than you may have had before, but a few foods may still be difficult. You won't have to limit yourself to just soft foods, though. For more details, visit  **MyPoliCare.com**.


**3. The best way to clean my dentures is:**

- a. Rinsing with water once in a while
- b. Using products specially designed for denture cleaning, like soaking tablets combined with brushing with the soaking solution**
- c. Brushing with toothpaste

**Answer:** B. Dentures are made of an acrylic and require special care. Water doesn't clean thoroughly enough and toothpaste is too abrasive. Use only cleaning products specifically made for dentures to thoroughly, but gently, clean. Polident® is specifically designed to clean dentures and should be used daily. For more information, visit  **MyPoliCare.com**.

**4. As my mouth adjusts to dentures, I may need to:**

- a. Refrain from social settings in case my teeth fall out unexpectedly
- b. Limit the amount of times I talk for fear of embarrassment
- c. Use an adhesive to increase my comfort and confidence**

**Answer:** C. Your dentist will make an exceptional set of dentures for you. However, your bone structure changes slightly after your teeth are extracted and your dentures may feel a little loose during this transition period. Talk with your dentist about your options and consider trying a denture adhesive. Even with the most well-fitting denture, adhesives can provide added comfort and confidence. Visit  **MyPoliCare.com** for more information.


**5. I should continue to visit my dentist:**

- a. Never. I don't have real teeth anymore so I don't need to see a dentist
- b. Only in the event that something is wrong
- c. Once a year, or however frequently my dentist instructs me**

**Answer:** C. Continue regular visits to your dentist to maintain your dentures' fit, the health of your gums and the health of any remaining teeth. Talk with your dental professional about a schedule that works best for you.

**6. With my new dentures, I can expect:**

- a. To be comfortable eating and socializing, and to experience an improvement over my old smile**
- b. To be able to live just like I did with normal teeth
- c. Lots of pain and inconvenience

**Answer:** A. While dentures won't be exactly like normal teeth, they can help make you more at ease in everyday situations. Your dental professional will do everything possible to make the process comfortable for you. To learn more about living life to the fullest with dentures, visit  **MyPoliCare.com**.