

Your new dentures have been made to fit your mouth. However, they are artificial and their success depends on how well you adapt to them. Here are some tips on denture care:

Getting used to your new dentures - For the first few weeks your new dentures may feel bulky and odd. However you will eventually become used to it. Inserting and removing the dentures will need some practice.

Wearing your dentures - You can wear the dentures during the day, taking them out only to clean after meals. However, they must be removed before going to bed (always store them in a container with cold water). This allows the gums to rest and promotes oral health. If you have concerns about removing your dentures, please discuss it with your dentist

Discomfort - Most people manage to adapt well to new dentures irrespective of any denture experience. However, you may have sore spots 24-48hrs after initial wear. You may already have an appointment to see your dentist who will ease these areas to improve the fit. The sore spots may take up to a week to heal after that. If you cannot see your dentist immediately, it might be wise to reduce or stop denture wear until 2-3days before the review appointment.

Eating with you new denture – Start with soft foods and gradually progress onto more solid food. You may need to cut your food into small portions and chew using both sides of your mouth to prevent denture tipping. Avoid biting with your front teeth (like biting into an apple) as this will cause tipping at the back end of the dentures.

Speaking with your new dentures – Your speech may be altered initially and pronouncing certain words will require practise. However, your speech should be back to normal within a week. To speed this process, reading out from a newspaper or magazine should help.

Excess salivation - Following use of your new dentures you may experience excess salivation for a few days.

Cleaning your dentures – Daily cleaning of your denture is necessary to prevent build-up of food debris, stains and tartar. These can cause problems with appearance, mouth odour, irritation to gums and infections.

Brushing

– Use a soft toothbrush or denture brush to clean your denture, along with soap and warm running water (avoid hot water).

- Avoid using toothpaste, abrasive pastes or smokers' toothpaste, as this can scratch the denture, which can make it more prone to collect debris, stains and tartar.

– Dentures can break, so always fill a sink/bowl with water, then clean your dentures over the sink/bowl, just in case they slip out of your hands by accident.

– Brush or rinse the denture after every meal to prevent the build up of debris.

Soaking

– You can use proprietary denture cleaning tablets or solutions for soaking, to help loosen and remove stains and deposits. However, you should avoid leaving the dentures in the solution overnight. A 10-minute soak once or twice a week should be sufficient.

– Do not soak if you have a metal denture as it can damage the metal. They can be effectively cleaned with a soft brush and warm soap water. Avoid soaking if your denture has a soft lining as some products could damage the lining. They can also be cleaned by brushing.

Care of your mouth - With partial dentures, you must take extra care of your teeth and gums. Even with full dentures, you still need to take good care of your mouth. Brush your gums, tongue and palate with a soft brush twice a day. This helps to remove plaque and improves the general health of your mouth.

It is important to remember that your dentures have been made on plaster models. Plaster models don't move like your mouth, they don't have squashy areas where the denture will sink in, they don't have tender areas. They don't have a tongue and lips that have developed certain habitual movements over the years. Plaster models do not have to deal with a gag reflex that may take time to get used to having a foreign object in the mouth. If you have any questions or concerns, please call us on **02476382158**

