

Use and Care Instructions for Your Dentures

Your new dentures have been made to fit precisely for your mouth. However it is normal to feel thick and bulky for several days, or even weeks whilst your mouth and facial muscles adapt to them. It might also affect speech temporarily. By practising talking and reading aloud at home, it helps to get used to speaking with your dentures quickly. Eating with dentures can be tricky if you have never worn one before. Start with soft foods such as lightly cooked vegetables. Take small bites and chew slowly on both sides. If you have natural teeth, try to bite with them rather than the artificial ones.

Tenderness is a normal part of adaptation with wearing new dentures. Most sore spots will disappear in a week or two by persisting wearing the dentures. However, if sore spots do not resolve after 2 weeks, or should you develop ulcers after wearing them, contact us for an assessment and possibly adjustment.

Put in and take out the dentures the way we showed you. It might take long to do that initially but you will find it much easier once you get used to them. Never use force to get your dentures in or out.

Overnight

Remove your dentures before going to bed each night. This gives your mouth a chance to rest and will help stop you grinding your teeth while you sleep.

Clean dentures well using liquid soap and a soft toothbrush. After cleaning, dentures can either be kept in a cup of fresh cold water, or left to dry.

Maintenance

Food debris and plaque need to be cleaned from all denture surfaces daily.

Clean your dentures using a soft toothbrush and mild soap and water or denture paste. Standard toothpaste is not recommended.

Clean your dentures over a hand-basin half filled with water to prevent breakage if dropped.



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"Our best reward is our patients' great smiles!"

Brush your gums, tongue and palate (roof of your mouth) morning and night with a soft toothbrush before you insert your dentures. This stimulates circulation in your tissues and helps remove plaque.

Once natural teeth have been lost, the jaw bones and gums continue to shrink. Therefore it is important to have both your oral tissues and dentures checked at least once a year. If you still have some natural teeth then you should have dental check-ups twice a year. You may require relining of the dentures if they become ill-fitting.

In case you break your denture

If you accidentally break your dentures, contact us to arrange a repair. Do not attempt to glue the parts together because glue can permanently damage the denture and also be toxic in your mouth and cause more damage than good. Contact us for an assessment and repair.



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