



USE AND CARE INSTRUCTIONS FOR DENTURES

When you have dentures, you need to go through a routine to ensure that your teeth are being taken care of. A daily denture care routine will help to minimize odors and stains, keep your dentures looking like new and help them last longer. Dentures should be well fitted and comfortable when you chew and your breath should be fresh.

Insertion and removal of dentures

Your dentist will show you how to put in and take out your denture. The Dentist will make sure you are comfortable inserting and removing your denture before leaving the practice. Make sure you remember to never force your dentures and to be gentle, take your time ensuring a good fit.

Function of a denture

If you have never worn dentures before when you place your new denture in your mouth it may feel strange. It will take time for your mouth to adjust and this feeling is completely normal. When you first eat with your new denture, start with soft foods (e.g. lightly cooked vegetables). Take small bites and chew slowly. If you have natural teeth, try to bite with them rather than the artificial ones. Take your time chewing and if possible, chew on both sides at the same time.

Overnight

Be sure to 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. Store dentures in their case to avoid them going missing or being damaged.

Maintenance

Your dentures should be cleaned daily as food debris and plaque need to be cleaned from the surface. Using a soft toothbrush with denture paste or gentle soap to clean your dentures. Toothpaste is not recommended. When cleaning your dentures you should clean over a hand-basin half filled with water to prevent breakage if dropped. Brush your gums, tongue, remaining teeth and palate (roof of your mouth) morning and night with a soft toothbrush before you insert your dentures. Use toothpaste if you have some natural teeth, this stimulates circulation in your tissues and helps remove plaque. Buildup can occur on your denture you may soak it in white vinegar (1 part) and water (4 parts). If you still can't remove the buildup, call your dental practice and make an appointment to have your denture repolished. If your denture breaks or is damaged, stop wearing it straight away. Do not try to repair it, bend it or modify it. Call your dental practice for an appointment to have it looked at. Staying on top of your oral hygiene and having regular checkup and cleans will help with your overall oral health, be sure to be keeping on top of it at home too. If you have no remaining natural teeth, it is still important to have your mouth checked every 12 months to prevent infections and/or oral cancer.



Mouth soreness

Your mouth may become a little sore under your new denture. If this happens, contact the dental practice to arrange to have your denture adjusted. If the soreness is severe and continues it may help to remove the denture for at least part of the day. Please remember, do not adjust or try to repair your dentures. Dentures should be well fitted and comfortable when you chew and your breath should be fresh.

Can Dentures Be Refitted?

Dentures should be refitted every few years by relining or rebasing, and new dentures should be made every five to 10 years. Any change in the way your dentures work or feel to you should speak to your dentist about. Your oral care professional can tell you whether an adjustment, a relining or new dentures are needed.