



**This leaflet explains how to look after your dentures**

Please contact us if you need more information

# Denture Advice

## Caring & Maintaining your Denture



### Getting used to your new dentures

In the first few weeks your new denture may feel bulky and odd. Practice inserting and removing it in front of a mirror. In time you will get used to it. You may feel excess saliva for the first few days. This will settle down.



### Wearing your dentures

Wear your dentures during the day. If possible, remove them to clean after meals. You must remove them before you go to bed. Keep them in a container containing water. Removing them at night allows your gums to rest, and repair.



### Discomfort

It is common to have sore spots 24-48 hours after initially wearing them. These may take a week to heal. If your mouth is sore, consider stopping wearing them and call us to book a follow-on appointment asap.



### Eating with your new dentures

It will take time to get used to eating with your dentures. Start with soft foods and progress from there. Cutting food and chewing on both sides can help prevent the denture tipping. Avoid chewing on your front teeth.



### Speaking with your new dentures

Initially your speech may be slightly altered when pronouncing certain words, and require practice. Within a few weeks it should be back to normal. Reading aloud can speed up this process.



### Cleaning & Brushing

Use a soft toothbrush or denture brush to clean your denture with soap and warm (not hot) water. Try to avoid using toothpaste or other abrasive pastes. These can scratch the denture making it more likely to collect debris/stain.



### Soaking your Denture

You can use proprietary cleaning tablets/solutions for soaking. This will help remove and loosen any stains or deposits. Try not to leave your dentures overnight in solutions. Just 10 mins in Milton's once a week is often enough.



### Care of your mouth

With dentures you must take extra care of your oral health. Ensure you are brushing your teeth (if present), gums, tongue and palate with a soft brush twice daily. This helps to remove plaque and improves your oral health.



### Replacing Dentures

Due to normal wear over time dentures will need to be relined, rebased or remade. It is important to replace worn or poorly fitting dentures before they start to cause problems.