



TS DENTURES
— Clinic and Laboratory —

Denture Care Instructions

Your new dentures have been custom made to fit your mouth.
Here are some helpful guidelines for care and comfort.

Cleaning Your Dentures



1 Clean dentures in the morning and at night. Do this over a sink of water or towel to reduce the risk of breaking if dropped.

2 Use mild liquid soap on a soft toothbrush or denture brush.
Do not use toothpaste to clean dentures.

3 Brush all surfaces of the denture well. Rinse with cold water.

4 Also clean the gums and tongue using a soft toothbrush in the morning and at night.

5 Take dentures out before you go to sleep at night. Keep cleaned dentures in a dry container overnight.

Contact Us



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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.

Denture Wear

Wear the dentures during the day, taking them out only to clean after meals. They should 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.

Discomfort

You may have sore spots 24-48 hours after initial wear. Sore spots may take up to a week to heal. If you cannot see your clinician immediately, it might be wise to reduce or stop denture wear until 2-3 days before the review appointment.

Eating With Your New Denture

Eat soft foods and progress onto more solid food. Cut your food into small portions and chew using both sides of your mouth to prevent denture tipping. Avoid biting with your front teeth.

Excess Salivation For A Few Days

Following use of your new dentures, you may experience excess salivation for a few days. This is normal and will gradually subside as your mouth adjusts to the dentures.

Cleaning Your Dentures

Daily cleaning of your denture is necessary to prevent build-up of food debris, stains and tartar. Lack of good denture cleanliness 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. Brush or rinse the denture after every meal to prevent the buildup of debris.

Soaking

You can use denture cleaning tablets for soaking, to help loosen and remove stains and deposits. Avoid leaving the dentures in the solution overnight. A 10 - minute soak once a week should be sufficient. If you have a metal partial denture, only soak the denture in Polident Partials daily cleaners tablets. Polident Partials Daily Cleanser work in just 3 minutes to kill 99.9% of odour-causing bacteria. The product is non abrasive for suitable for metal parts.

Taking Care Of Your Mouth

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.

Replacing Dentures

Over time dentures will need to be relined, rebased or remade due to normal wear. The clinician will use your existing denture to reline or rebase. It may need replacing if they become loose and the teeth show significant wear. Dentures become loose because the mouth naturally changes with age. Gums and the underlying bone can shrink, causing the dentures to become loose. It is important to replace worn or poorly fitting dentures before they start causing discomfort, difficulty with chewing or speaking, or irritation to the gums, which can lead to sores or infections. Regular dental check-ups will help ensure your dentures remain comfortable and functional.

Daily Care & Storage

1. Remove the bacterial biofilm and any residual adhesive from your mouth with a washcloth.

2. Remove the bacterial biofilm and any residual adhesive from your denture by soaking* and brushing.

* The temperature should never be hotter than you would wash your hands with.

* To protect the colours, do not use bleaching products or any denture cleansers that contain bleach.

Options:

1. Soak for 15 minutes in a solution of equal parts water and white vinegar. This will make hard calculus/tartar deposits soft enough to remove with a toothbrush.

2. Soak in an effective, non-abrasive denture cleanser, following the manufacturer's recommendations. We recommend Polident cleaning tablets.

- Denture cleansers should **ONLY** be used outside of the mouth.
- Always thoroughly rinse after soaking and brushing with a denture cleanser before reinserting your denture into your mouth.

For the health of your mouth, do not wear your dentures for more than 24 hours continuously.

Leave your denture out of your mouth during showering.

Consider NOT wearing your denture when sleeping.

Storage

To avoid warping, your denture should always be stored in water when not in your mouth.

Adhesives

Denture adhesives can improve the retention and stability of your denture and reduce the accumulation of food particles beneath your denture.

Use three or four pea-sized dollops on each denture. If you begin to require an increasing amount of adhesive to maintain the same level of retention, please make an appointment to evaluate the fit and stability of your denture.

Completely remove denture adhesives from your denture and your mouth on a daily basis.

Yearly Recommendations

To minimise biofilm accumulation over time, bring your denture back to our clinic for an annual cleaning. Additionally, an annual check-up is recommended for maintenance of optimum denture fit and function and for an assessment of your overall oral health status.