



Wear and care instructions

A new denture may take some getting used to

Although your dentist has taken due care in the construction of your denture, all new dentures can feel awkward at first, and may cause some irritation and discomfort during the first few weeks of use.

For some people, several months may need to pass before a denture feels more comfortable. For the first few weeks try to eat soft foods, take small mouthfuls and chew slowly. Eventually work towards trying harder foods and (re)learn to use the denture. Try to chew on your back teeth and keep the food on both sides of your mouth as evenly as possible. Improve speech by reading out aloud

Maintaining the health of your Natural Teeth

Proper brushing of any remaining natural teeth must be maintained. A soft bristled brush should be used to brush and massage the oral tissues to provide stimuli and remove surface debris

Care of your Denture

Remember that dentures are delicate and may break easily - so cleaning should be done over a towel or basin of water to cushion the fall if accidentally dropped. Dentures should be left out of your mouth while you are asleep to allow your soft tissues to breathe and rest. You may leave them in the denture case. Never place the dentures in hot water as the dentures may distort. Ensure the container is inaccessible to children and pets. Please do not try self-adjustment of a denture or attempt a "do-it-yourself" relining or repair (e.g. superglue) - this may be tempting, but is likely to alter the fitting surface and change the balance of the denture - Please contact us for any repairs or adjustments that may be required.

Cleaning Your Denture

Remove the denture from your mouth after each meal and rinse with room temperature water. At least once a day use a soft bristled toothbrush and liquid soap to clean the denture.

Be careful with toothpastes as they can sometimes be abrasive (especially whitening toothpastes) and therefore can cause wear to dentures over time. It is important to thoroughly brush any clasps, wires or metal components on partial dentures.

A suitable denture cleaner in the form of an effervescent tablet (e.g. polident, steradent) may be used once or twice a week for a thorough clean. You may soak the denture in the tablet and water solution for 3-5 minutes. Be careful as many of these are not suitable for dentures with metal parts.

What to do with your Old Dentures

Old dentures can be kept as a spare or backup in emergencies. Give them a thorough clean, wrap in a moist cloth and place in a sealed plastic bag - they can be stored in the refrigerator and cleaned 3 monthly.

Review and Check-ups

If soreness develops under a denture or around a clasp of a partial denture, please call for an appointment as the denture may need an adjustment. Before your appointment, try to wear the denture for several hours - this will help us to determine where adjustment is required. Regular 6 monthly dental check-ups need to be maintained to ensure your denture continues to fit well and that remaining teeth and gums are in healthy condition.