

## USE AND CARE OF DENTURES

You now have your new denture and have been shown how to place and remove it. If you feel that you are not doing this properly please contact the practice and we can explain or demonstrate further. Never use force to remove a denture.

Your mouth may feel uncomfortable at first. Over the first few days of your denture being fitted the denture may feel tight and uncomfortable and may feel bulky as if crowding the mouth.

Your gums may feel sore. If soreness develops under a denture call your dentist for an appointment. The denture likely needs adjusting. If the soreness worsens then remove for at least part of the day. However before your appointment please wear for several hours as this will help us to determine where the adjustment is needed.

Some people experience a gagging sensation at the back of the throat and you may notice an increase in the amount of saliva in your mouth. This will lessen as your mouth adapts.

Speech maybe be affected but will improve. Sometimes certain words may be difficult to pronounce at first. It may help to repeat them in front of a mirror. If your dentures “click” when you talk, try to speak more slowly. If your denture slips when you speak bite down gently to reposition it and swallow. Your tongue and cheek muscles will soon learn to keep it in place.

Wearers of partial dentures may find their speech improves immediately because missing teeth have been replaced.

You may want to start by eating softer foods but after a few days you will want a wider range of foods. Cut food into small pieces, take small mouthfuls and chew slowly. This helps to keep the dentures in place.

Avoid biting with the front teeth because this can cause the dentures to tip and may place excess pressure on the gums. Instead bite with the canine teeth, the pointed teeth next to the front teeth. Until you get used to sensing the temperature of hot food treat hot food with caution. Avoid sticky (such as toffee) and hard or sharp foods such as nuts or carrots. As you gain confidence with your dentures you can widen your diet to ensure healthy nutrition.

Be careful to maintain good oral hygiene of your mouth. For wearers of full dentures this is best done with a wet towelling cloth. Simply rub over the gum tissue which the denture fits. Also rub the top of your tongue. For wearers of partial dentures please remove the denture and floss and brush as normal.

Clean you dentures after each meal or at least twice a day. Remove them and rinse away food particles with warm or cold water. Brush both the inside an outside of the denture with a soft toothbrush and unperfumed mild soap or other approved denture cleaner. It is best to avoid the use of standard tooth paste as many brands are too abrasive.

Do not use:

Hot or boiling water because the denture will warp

Abrasives

Detergents

Bleached

Methylated spirits

Other strong chemical of any kind

Dentures are delicate and break easily. When cleaning a denture hold it over a towel or a basin of water to cushion the fall if you drop it.

If you break or damage the denture, please telephone to arrange for a repair. Do not glue the parts together as the wrong glue will damage or even ruin the denture.

Ideally dentures should be removed at night time as this allows the gum tissues a chance to rest. Removal of full dentures also prevents grinding and clenching of the teeth which increases wear on them and other complications.

After cleaning the dentures thoroughly place them in a special cleaning solution or water. Dentures should never be allowed to dry out as this can cause warpage.

Regular dental checks are a must for all denture wearers. We will examine your mouth and make sure your denture fits well, maintain any remaining teeth and the gum tissues.

Over time dentures need to be remade due to normal wear or the gum surface relined due to gum shape changes.

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