

CHADWELL DENTAL CARE LTD

DENTURE CARE INSTRUCTIONS

Your new dentures have been made to fit your mouth.

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 dentist 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 – Following use of your new dentures you may experience excess salivation for a few days.

Cleaning your dentures – Daily cleaning of your denture is necessary to prevent build-up of food debris, stains and tartar. These 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 build up 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.

Do not soak if you have a metal denture as it can damage the metal. Clean with a soft brush and warm soap water.

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 dentist 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 problems.