



Denture Advice

Getting used to your dentures

The best results from your new dentures will only be achieved with practice and patience.

It is not unusual to find that the dentures feel large and are difficult to control when speaking and eating and you may notice an increase of saliva in your mouth. Friends may comment on a change in your appearance.

In a few days this increase of saliva will disappear and your speech will return to normal. However, it can take at least 3 or 4 weeks for you to become really accustomed to the new dentures.

Eat mainly soft foods for the first few days. Don't take large bites. Cut your food into small portions and chew with the back teeth on both sides of the mouth at once.

When to wear your dentures

You should wear your dentures during the day and night for the first week to help you get used to them more quickly. From then on it is preferable to leave them out at night in a container of water or recommended cleaning agent.

Your mouth needs a rest from the dentures if it is to remain healthy.

Keeping your dentures clean

Keep your dentures really clean. If possible rinse them after each meal and certainly brush them morning and night using an ordinary toothbrush, soap and water.

In spite of brushing it is possible for a clear film of plaque to develop on the denture. This film, which may cause the gums to become inflamed, can be removed by soaking in a denture cleanser. When using a denture cleanser, follow the instructions carefully. Normally soaking for 2 or 3 nights a week is sufficient.

<p style="text-align: center;">IMPORTANT- FOR THOSE WEARING PARTIAL DENTURES</p>

Unless your dentures and remaining natural teeth and gums are kept really clean, there will be an increasing amount of tooth decay and gum disease. To prevent this you should:

- Clean your teeth and dentures after each meal.
- Pay particular attention to the cleaning the teeth next to the denture.
- Avoid in-between meal snacks, especially sweet and sticky foods.
- When brushing your partial denture, handle it carefully to avoid distortion.

Soreness of your mouth

New dentures sometimes cause areas of soreness. If mild soreness persists, continue to wear the dentures but arrange an appointment in the surgery if you do not already have one. If

the soreness is severe and you have to leave your dentures out, make sure you put them back into your mouth 3-4 hours before the appointment so that the troublesome area can be identified.

Important points about your immediate dentures

- You should wear your dentures continuously for the first 24 hours. If you take your dentures out you may not be able to replace them as your mouth may be swollen after the extractions.
- You may experience soreness, if this continues adjustments may be necessary.
- For the remainder of the first week you should wear the dentures continuously except for brief periods when cleaning them after meals.
- The dentures should be thoroughly rinsed with cold running water and gently brushed with an ordinary toothbrush using soap and water.
- To ensure your mouth is kept clean and healthy use a mouth rinse of a teaspoon full of salt in a glass of warm water twice daily.

You may continue to wear the dentures day and night for the first month to help your mouth heal. From then on it is preferable to leave them out at night in a container of water or recommended denture cleanser. Your mouth needs a rest from the dentures if it is to remain healthy.

As the shape of the gums alters in the months following the extraction of teeth the immediate dentures will gradually become loose.

It will be necessary to carry out modifications to the dentures and eventually provide replacements.

In any event you should wait no longer than six months before having the immediate dentures checked.

You can contact the surgery on **01274 543150** if problems occur.