

## Contact Details

### Restorative Department

Tel: **01782 674182**

Monday to Friday 9.00 am to 4.00 pm

Mrs S Wilde, Secretary

Mr S Brindley, Consultant Restorative Dentistry

Miss R Taylor, Hygienist/Therapist

## Patient Information Leaflet

# Dentures



Please speak to a member of staff if you need this leaflet in large print, braille, audio or another language

**Introduction**

This leaflet provides you with information on denture care. Your dentures have been made to fit your mouth, however, they are artificial and their success depends on how well you adapt to them

If you have any concerns after reading this leaflet, please let us know.

**Getting used to your new dentures**

- In the first few weeks, your dentures may feel bulky and odd. You will however get used to them.
- Inserting and removing the dentures needs practice.
- Most people adapt well, but you may develop sore spots after initial wear. These may take up to 1 week to heal. Use salty mouth washes which may help.
- You can discuss any discomfort at your first follow up appointment. Please contact us sooner if needed and we can help to ease the areas of discomfort by improving the fit of the dentures.

Write down any questions or notes here:

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Avoid using:

- Toothpaste.
- Abrasive pastes.
- Smokers' toothpaste.

These can scratch the denture which can make it more prone to collect debris, stains and tartar.

As dentures can break if dropped and may slip out of your hand by accident whilst cleaning them, please use a towel in the bowl or sink.

### Care of your mouth

If you have **partial dentures** you will need to take extra care of your teeth and gums to reduce the risk of cavities and gum problems.

If you have **full dentures** you 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.

## Denture wear

- Dentures can be worn during the day and only need to be taken out to clean after meals.
- They **must** be removed before going to bed. Always store them in a clean dry container as this allows the gums to rest and gives good oral health.

### Eating with your new denture

- Start with soft foods and gradually progress onto more solid food.
- You may need to cut your food into small portions and chew using both sides of your mouth to prevent the denture tipping.
- Avoid biting with your front teeth (like biting into an apple) as this will cause tipping at the back end of the dentures.

### Speaking with your new dentures

- Your speech may be altered initially and pronouncing certain words will require practice. However, your speech should be back to normal within a week.
- Reading out loud from a newspaper or magazine should help to speed up the process,

## Excess salivation

- It is normal to experience excess saliva for a few days. This will slowly get better as your mouth gets used to wearing them.

## Soaking

- Denture cleaning tablets or solutions for soaking are available to buy from supermarkets or chemists. They help to loosen and remove stains and deposits.
- You should avoid leaving the dentures in the solution overnight. A 10-minute soak once or twice a week should be sufficient.
- If you have a metal denture, find a cleanser that is suitable for metal dentures as some cleansers can damage the metal.
- They can be effectively cleaned daily with a soft brush and warm soapy water.
- Avoid soaking if your denture has a soft lining as some cleaning products could damage this. They can be cleaned by gentle brushing.
- Brush or rinse the denture after every meal to prevent the build up of debris.

## Cleaning your dentures

Daily cleaning of your dentures is necessary to prevent build-up of:

- Food debris.
- Stains.
- Tartar.

This can cause problems with:

- Appearance.
- Mouth odour.
- Irritation to gums.
- infections.

Use a soft toothbrush or denture brush to clean your dentures with soap and warm running water (avoid hot water). This includes the cleaning of the fitting surface.

