

## How do I care for my Denture/s?

It is important to keep your denture/s as clean as possible. Most dentures will accumulate food debris when eating, so it is important to brush after every meal if possible.

### To clean your Denture/s:

After brushing your teeth in the morning, use your toothbrush to brush your denture/s.

**Do not** use toothpaste to clean your denture: toothpaste is abrasive to remove stains off the teeth, and will cause scratches in the plastic denture which may then take up stains. Use hand soap or mouthwash instead. If you are out and do not have a toothbrush on you, a thorough rinse of your mouth and your denture will be sufficient.

*A tip for removing stain from your Denture: soak the denture in a Vinegar/Water solution of 1:5 overnight. This should remove most of the stain without damaging your denture.*

### Can I wear my Denture/s all the time?

It is advisable to leave your denture/s out at night. This is to give the gums a rest and reduces the chance of gum irritation or disease. In the evening after cleaning your denture/s, store in the box provided. You do not need to immerse your denture in water or any solutions overnight.

### Can I eat anything with my new Denture/s?

Your new denture/s will take some time to “learn to drive”. Start off by eating softer foods such as chicken or fish for the first 2 weeks, then gradually building up to harder foods such as red meats. Take small mouthfuls and eat slowly to reduce sore spots denture movement and food trapping.

### Will my speech be affected?

It is likely that your speech will be affected for the first week while your tongue and cheek muscles adjust to the new denture. If this worries you, practice your speech by reading out aloud, and focusing on speaking slowly and clearly.

### What should I do if the Denture hurts?

You can initially expect some sore spots from the denture on the gum. If this occurs, don't worry, it is quite common for new dentures. Ring us for an adjustment appointment. Your denture/s may need to be adjusted a few times before they are completely comfortable.

Some tips for managing the discomfort:

- Leave the denture/s out whilst at home to give the gums a rest between meals;
- Rinse mouth with salty water to help ulcers heal;
- Use teething gels such as Bonjela before you have a meal to temporarily numb the area.

### Will my Denture/s move?

All dentures will move slightly when chewing food and speaking. However, if the denture moves excessively, it may need to be relined. This occurs because the gums shrink over time. On average, a denture will need a reline after 5-7 years. If you have had teeth removed prior to the denture being fitted, there will be some rapid gum shrinkage and a reline may be required within 3 months.