



# Denture Care Instructions

## Comfort

Your new dentures have been made to be a precise fit for your mouth. However it is normal for them to feel thick and bulky for several days, or even weeks whilst your mouth and facial muscles adapt to them.

## Eating

Start slowly at first with softer foods and by cutting firmer foods into smaller pieces. Take small bites, and chew slowly and evenly on both sides.

## Speech

It may take a week or two to adjust to talking with your new dentures. Practise talking by reading aloud at home.

## Soreness

Persist with wearing the new dentures for at least a week, and by then most sore spots will resolve. If any sore spots do remain, contact the practice for an appointment to have the dentures eased and adjusted.

Ensure that you wear the denture for at least the day before and up to your appointment so that your dentures can be accurately adjusted.

## Cleaning

Clean your dentures at least twice a day after meals. First fill the bathroom sink with water or place a face washer in the bottom of the sink to cushion the fall, just in case you drop the dentures. Use a soft toothbrush and warm soapy water to thoroughly brush off all food debris and plaque. Do not use bleach or other agents. You can also brush your gums and tongue.

## Overnight Care

Ideally dentures should be removed before bed to give the oral tissues a rest from coverage. Dentures should never be allowed to dry out as this can cause cracks to develop. Leave the dentures in either plain water or an immersion cleaner such as "Polident" or "Steradent" (after brushing them first).

## Check-Ups

Once natural teeth have been lost, the jaw bones and gums continue to shrink. Thus it is important to have both your oral tissues and dentures checked at least once a year. If you still have some natural teeth then you should have dental check-ups twice a year. You may require relining of the dentures in due course if they become ill-fitting.

## Breakage

If you should accidentally break your dentures, contact us to arrange a repair. Do not attempt to glue the parts together because glue can permanently damage the denture and also be toxic in your mouth.

**In summary, the keys to adapting to your new dentures are perseverance and practice. You will find that appearance, chewing function and speech are all improved, especially compared with not wearing false teeth at all.**

If you have any questions or concerns, please telephone the practice on **(07) 5577 1912**.

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