

## **A guide for caring for your new dentures**

Clean your dentures thoroughly to help avoid infections developing under them. Your dentures should be removed and cleaned twice a day - work it into your routine morning and evening care. Dentures can be cleaned with a normal toothbrush and water or a non-abrasive denture cleaner.

Make sure you clean the whole of the denture inside and outside, removing all food debris. When you clean your dentures do this over a basin with water in it or line the basin with a towel this acts as a cushion, as dentures may break if dropped onto a hard surface.

When not in use, dentures should be kept in a wet environment. Drying of dentures is not recommended. You may soak your dentures in warm water with a small amount of denture cleaning agent, and follow any instructions provided by the cleaning agent.

Keep your dentures out of reach of children and pets.

### **Useful tips when wearing new dentures**

- Dentures are tooth replacements and you will have to learn how to use them, for example how to bite, chew and speak.
- You may choose to wear your denture overnight for the first few days. Sometimes this can help you get used to them if you are new to wearing dentures. However, once you are used to wearing your dentures it is advisable to remove them overnight.

- You may find a little denture fixative helpful to keep them in place.
- It is common for new dentures to need adjustment, and some people take a while to get used to them. If you are having trouble or they are causing discomfort - consult your dentist.
- If you don't wear your dentures for a long time you might find it difficult to put them back into your mouth as your gums may shrink.
- It may be helpful if dentures are rubbing to put them in your mouth prior to attending an appointment with the dentist, so the dentist will be able to see any sore spots in your mouth.
- Do not perform any alterations or adjustments yourself. Always consult your dentist.

If you wear full dentures it is still recommended to have regular examinations (approximately once a year). This enables the dentist to examine your general oral health and pick up any potential problems before they advance.

**Speak to your dentist if you are not getting along with your dentures, our specialist prosthodontist at our Mawney Road practice, may be able to assist you.**

**You may also be suitable for dental implants as a permanent solution for missing teeth, which are considered more comfortable, easier to eat and speak and won't inhibit your taste.**