



# Caring for your new dentures

We've put together some tips that will help you to get the most of your new dentures. Remember, it may take time for you to get used to them so be patient.

## Inserting and removing your denture

Your dentist or prosthetist will show you how to put in and take out your denture. Feel free to ask them questions. Make sure you are comfortable with putting them in and taking them out before you leave the clinic.

Remember, never use force to get your dentures in or out.

## The function of your new denture

Your new denture may feel strange, even if you have worn dentures before. This is normal and happens because your mouth takes time to adapt.

When you first eat with your new denture, start with soft foods (e.g. lightly cooked vegetables).

Take small bites and chew slowly. If you have natural teeth, try to bite with them rather than the artificial ones.

If possible, chew on both sides at the same time.

## Maintaining your denture

If your denture breaks or is damaged, stop wearing it straight away. Do not try to repair it, bend it or modify it. Call your dental clinic for an appointment to fix it.

If you find that your denture has a build up (tartar or calculus), soak it in white vinegar (1 part) and water (4 parts). If you still can't remove the build up, call your dental clinic and make an appointment to have your denture repolished.

## Sore mouth from wearing denture

Your mouth may become a little sore under your new denture. If this happens, contact the clinic to arrange to have your denture adjusted.

If the soreness is severe it may help to remove the denture for at least part of the day. However, please wear the denture for a few hours before your appointment so we can work out where the adjustment is required.

Do not adjust or try to repair your dentures.

## Caring for your denture overnight

You should remove your dentures before going to bed each night. This gives your mouth a chance to rest and will help stop you grinding your teeth while you sleep.

Clean your dentures with a soft toothbrush each night and leave them to air dry. This helps stop bacterial proliferation.

## Hygiene and cleaning

To keep your natural teeth healthy you will need to clean your mouth after every meal. Your dentist or prosthesisist will show you how to use a toothbrush and dental floss correctly.

You will also need to clean your dentures after each meal to stop food and plaque building up.

Hold your denture, and with a soft toothbrush and soap, clean both the inside and outside surfaces.

### DO NOT USE

**Hot water**

**Kitchen detergents**

**Abrasives**

**Laundry bleaches**

**Methylated spirits**

**Antiseptics**

**(unless instructed)**



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