

NEW DENTURES

- ✓ It takes a little while for your mouth to get used to your new dentures, so eating and speaking requires a bit of practice at first.
- ✓ Some types of foods will be easier to eat than others, try building up to eating more challenging foods. cut up food that proves difficult.
- ✓ Some areas of your mouth may become a little bit sore from wearing your dentures. Please call the practice to arrange a review appointment as it may be necessary to alter your denture slightly.
- ✓ Please do not sleep in your dentures, as the saliva in your mouth cannot do the job of cleaning the tissues over night. Sleeping in your dentures can lead to fungal infections and other conditions that can be damaging to the soft tissues of your mouth.
- ✓ Even if you have full upper and lower dentures you still need to visit us on a yearly basis so that we can check the fit of these teeth and the health of your mouth.



KEEPING YOUR DENTURES CLEAN...

- ✓ Clean your dentures every night at the same time as cleaning your natural teeth (if appropriate)
- ✓ Use a separate denture brush and brush them thoroughly over a sink of water, under the running tap.
- ✓ Do not use tooth paste for your dentures, this is designed for natural teeth, and can scratch your dentures.
- ✓ If you use any fixative make sure you clean this from your denture and the roof of your mouth every night.
- ✓ Leave your denture slightly moist over night to prevent it from cracking.
- ✓ To reduce staining and plaque build up on your dentures, for a few nights per week, allow them to soak in an appropriate agent:
 - Acrylic denture (plastic)**– use diluted Milton from your normal supermarket or pharmacy. Ensure the solution is diluted by about 10 to 1 so as not to bleach the plastic. Rinse well in the morning.
 - Chrome cobalt denture (metal framework)**– use Polygrip or Steradent tablets dissolved in water. These are available from any large supermarket or pharmacy. Chlorohexidine Gluconate mouth washes like Corsodyl are also useful. Bleaching agents can tarnish the metal so should be avoided.