

## DENTURE CARE SHEET

Your new dentures will feel strange to begin with, but with practice you'll get used to speaking and eating with them.

- It is best practice to remove your dentures at night, this will allow your gums to rest as you sleep and reduce the chance of infections.
- When you remove your dentures, they should be cleaned (see below) and kept moist – for example, in water or in a suitable overnight denture-cleaning solution. This will stop the denture material drying out and changing shape.

### **Cleaning your mouth**

- Keeping your mouth clean is just as important when you wear dentures.
- You should brush and floss your remaining teeth, gums and clean your tongue every morning and evening with fluoride toothpaste to prevent cavities and gum disease.

### **Cleaning your dentures**

- It's important to regularly remove plaque and food deposits from your dentures to prevent bad breath, gum disease, cavities and oral thrush.
- Clean your dentures as often as you would normal teeth (at least twice a day: every morning and night).
- Dentures may break if you drop them, so you should clean them over a bowl or sink filled with water, or something soft like a folded towel.
- Using a denture brush clean your dentures with hand soap and water.
- Soak them in a fizzy solution of denture-cleaning tablets to remove stains and bacteria (follow the manufacturer's instructions)

### **Eating with dentures**

- When you first start wearing dentures, you should eat soft foods cut into small pieces and chew slowly, using both sides of your mouth. You can gradually start to eat other types of food until you're back to your old diet.
- Avoid chewing gum and any food that's sticky, hard or has sharp edges.

### **Denture adhesive**

- If you find your dentures are a little loose, you may want to use denture adhesive.
- Some people feel more confident with their dentures if they use adhesive. Follow the manufacturer's instructions and avoid using excessive amounts.
- Adhesive can be removed from the denture by brushing with soap and water.
- Remnants of adhesive left in the mouth may need to be removed with some damp kitchen roll or a clean damp flannel.

### **When to see your dentist**

- You should continue to see your dentist regularly if you have dentures (even if you no natural teeth) so they can check for any problems.
- Your gums and jawbone will eventually shrink, which means the dentures may not fit as well as they used to and can become loose, or they may become worn.
- After 1 week of use if you find you have any areas of soreness or ulceration leave the dentures out to allow the area to heal. Use warm salty water rinses to ease any discomfort and book in to see your dentist for adjustments. Try to remember where the dentures rub to help guide the dentist make any adjustments.