

Denture Care Instructions

Managing Expectations:

New dentures were made to fit your mouth. However, they are prosthesis and their success depend on your cooperation. Dentures are an artificial replacement. Do not expect the denture to function like your own teeth. You should learn to live with the limitations. Kindly take a positive attitude towards them.

Initial Sensations:

When you first begin to wear your dentures, they may feel loose. Until you have learned to keep them in place with the muscles of your cheeks and tongue, they may tip when you chew, allowing food or liquids to pass under them.

No matter how thin the dentures are, they will feel bulky. They may make your tongue feel crowded or may cause a slight gagging sensation. Until your gum ridges are use to supporting dentures, your mouth may feel sore or irritated. Your saliva flow may also increase temporarily.

After a few weeks, as your oral tissues become adjusted to wearing dentures, these problems should decrease. If you continue to experience irritation or excessive soreness in any area, you should see your dentist.

What to expect with new Dentures:

Appearance:

When you first get dentures, your facial expression may seem different. A more normal expression will return when the muscles of your cheeks and lips adapt to the dentures.

Dentures may improve your appearance by changing the shape of your face, and reducing facial creases.

Eating:

When you are first learning to use your dentures, it is best to eat soft foods. Cut your food into small pieces and chew slowly on both sides with your back teeth to keep your dentures from tipping. After a few days, when your dentures are feeling more comfortable try coarser and harder foods until you are able to eat a more normal diet. Avoid *very* hot foods and drinks to prevent burns as dentures decrease temperature sensation.

*Learning to chew & speak with dentures takes **practice and patience***

Speaking:

Sometimes, wearing dentures can make a difference in the way you pronounce certain words. To help overcome any speech difficulties, practice reading aloud. If the denture teeth click together when you talk, speak more slowly. Bring any problems to the attention of your dentist. At first, you may find that your dentures become loose when you laugh, or cough, or even smile. To reposition them, close your teeth together gently and swallow.

Caring for Your Mouth:

Even with dentures, you still need to take care of your mouth. Each day before inserting your denture, brush your gums, tongue and palate with a soft-bristled brush, to remove plaque and to stimulate circulation.

Denture Care Instructions

You should always take your dentures out before bed at night, and put them back in the morning. This gives your mouth a chance to rest and helps maintain oral health.

Caring for your Dentures:

For a healthy mouth and fresh breath, clean plaque and food deposits from your dentures daily. This also helps keep the dentures from becoming permanently stained.

Before brushing your dentures, rinse them well to remove any loose particles. Next, apply denture cleaner to a moistened brush and clean all surfaces of the dentures. Brush thoroughly but carefully. Scrubbing too hard can damage the plastic parts of the denture or bend metal clasps. Household cleaners and some toothpastes should not be used because they are too abrasive.

Dentures should be handled carefully! Dropping them (even a few inches into the sink) can break the denture base or a tooth. When cleaning or inserting your dentures, hold them over a towel or a basin half-filled with water.

Acrylic resin-based dentures: Can be soaked in alkaline hypochlorite solution for 15 minutes and then rinsed in cold water, effervescent tablet cleanser can be used to enhance cleansing.

Always keep your dentures out to the reach of children and pets.

Never use bleach on your dentures! Never put dentures in hot water, they will warp.

If your dentures become dry, they may change shape. When you take your dentures out at night, place them in a container of denture-cleaning solution or room temperature water.

If your dentures break, crack or chip, or if a denture tooth becomes loose, call your dentist immediately. We can usually repair your dentures, but try to save the broken pieces.

Long-Term Denture Success:

Although your dentures (if cared for properly) will keep their shape, your mouth continues to change. The bone and gum ridges that support your dentures can recede or shrink. If ridge shrinkage occurs, your dentures will begin to feel loose and less stable, and your ability to chew may decrease.

Prolonged use of ill-fitting dentures can cause the ridges of the mouth to shrink to the point where it will be almost impossible to fit them with normal dentures after which you may have to consider implant supported dentures.

Your success in wearing dentures depends on **you!** With a positive attitude, persistence and regular check-ups, you can become one of the millions of people who wear dentures successfully.

If any of the following conditions occur, contact us immediately to avoid further problems: Irritation to the gums, pain on biting or while chewing please call us on 01206 769695