



**Hanham Dental**

**Denture Care Advice**

Your new dentures have been made to fit your mouth. However, they are artificial and their success depends on how well you adapt to them. Here are some tips on denture care.

**Excess salivation-** following use of your new dentures you may experience excess salivation for a few days.

**Getting used to your new dentures-** For the first few weeks your new dentures may feel bulky and odd. However, you will eventually become used to it. Inserting and removing the dentures will need some practice.

**Cleaning your dentures-** Daily cleaning of your denture is necessary to prevent build-up of food, debris, stains and tartar. These can cause problems with appearance, mouth odour, irritation to gums and infections.

You can use proprietary denture cleaning tablets or solutions for soaking, to help loosen and remove stains and deposits. However, you should avoid leaving the dentures to soak overnight. A 10 -minute soak once or twice a week should be sufficient.

Do not soak if you have a metal denture as it can damage the metal. They can effectively be cleaned with a soft brush and warm soapy water. Avoid soaking if your denture has a soft lining as some products can damage the lining. They can also be cleaned by brushing. Use a soft toothbrush or denture brush to clean your denture, along with soap and warm running water (avoid hot water). Avoid using toothpaste, abrasive pastes or smoker's toothpaste, as this can scratch the denture, which can make it prone to collect debris, stains and tartar.

**Speaking with your new denture-** Your speech may be altered initially and pronouncing certain words will require practice. However, your speech should be back to normal within a week. To speed this process, reading out from a newspaper or magazine should help.

**Eating with your denture-** Start with soft foods and gradually progress onto more solid food. You may need to cut your food into smaller portions and chew using both sides of your mouth to prevent tipping. Avoid biting with your front teeth (like biting into an apple) as this will cause tipping at the back end of the dentures

**Denture wear-** You can wear the dentures during the day, taking them out only to clean after meals. However, they must be removed before going to bed (always store them in a container with a little cold water). This allows the gums to rest and promotes oral health. If you have concerns about removing your denture, please discuss it with your dentist.

**Discomfort-** Most people manage to adapt well to a new denture irrespective of any denture experience. However, you may have sore spots 24-48 hours after initial wear. You may already have an appointment to see your dentist who will ease these areas to improve the fit. The sore spot may take up to a week to heal after that. If you cannot see your dentist immediately, it might be wise to reduce or stop wear until 2-3 hours before the review appointment.

Dentures can break, so always fill a sink/bowl with water, then clean your dentures over the sink/bowl, just in case they slip out of your hands by accident.

**Care of your mouth-**With partial dentures, you must take extra care with your teeth and gums. Even with full dentures, you still need to take good care of your mouth. Brush your gums, tongue and palate with a soft brush twice a day. This helps to remove plaque and improves the general health of your mouth.

If you have any questions about your dentures, please call the practice on 1007 960 2940 or email [inf@hanhamdental.co.uk](mailto:inf@hanhamdental.co.uk)