

Getting used to new dentures and keeping them clean

Sadly dentures will never feel like your own teeth and it can take time and perseverance to get used to them. If you haven't had a denture before, the dentist will explain the difficulties of wearing dentures, as well as the benefits and how you should look after your dentures.

- It is not uncommon to get some soreness in your mouth from your new denture. If you do please contact the practice to arrange an appointment, the dentist will be able to adjust your denture. We advise you wearing your denture prior to your appointment this allows the dentist to see any soreness caused from your denture and eliminates any guess work when it comes to adjusting it.
- Some foods are easier to eat than others when wearing dentures, we advise starting with softer foods and gradually building it up to harder foods until you get used to eating with your dentures in.
- Whether you wear full or partial dentures, taking them out at night for sleeping gives the gums and other denture-bearing tissues a chance to rest, recover and receive beneficial exposure to the antibacterial agents naturally present in saliva. Sleeping with your dentures in can lead to fungal infections and other complications. In short, removing your dentures at night is the healthiest thing to do. If you find this impractical or embarrassing you can leave your denture out during the day for between 6-8 hours.
- If you have full upper and lower dentures we recommend annual examinations, so we can check the fit of your dentures and complete a full examination of your mouth.

Keeping your dentures clean

A good oral hygiene routine for denture-wearers should include the following steps:

- Remove and rinse your dentures after eating.
- Clean your denture over a bowl or sink full of water, this prevents the denture from breaking if dropped
- Brush your dentures at least once a day with a soft toothbrush, nailbrush or denture brush and dish soap, liquid antibacterial soap, or denture cleanser. (Don't use toothpaste: it is too abrasive.) Using an effervescent (fizzing) tablet doesn't substitute for this type of manual cleaning. Don't forget to clean your natural teeth too (if appropriate) with your regular toothbrush. It is also important to brush your tongue and gums too even if you don't have any natural teeth.
- If you use fixative make sure it is removed from your denture and the roof of your mouth (palate)
- Store your dentures in water over night or when not in use, it is important to keep them moist to prevent them from cracking.

We recommend the following solutions, they act as mild disinfectants and help to reduce staining and build up on your denture..

- **Acrylic/plastic dentures.** We recommend that 3 times per week you soak your denture in an alkaline peroxide-based solution made for this purpose. Dilute Milton can be diluted- (1 part Milton to 10 parts water). If the solution is too strong it can bleach your denture. Rinse your denture well before use

- **Chrome/metal dentures.** If you wear a chrome denture (metal) use denture tablets such as Steradent that dissolve in water. You can also use Chlorohexidine Gluconate mouth washes such as Corsodyl. Avoid the use of bleaching agents such as Milton which can tarnish the metal framework of your denture. After soaking rinse your denture well.