

# TAKING CARE OF YOUR DENTURES



## **What to expect after having your denture fitted.**

It is not unusual to experience some irritation/soreness after the fitting of your denture. They may feel awkward or even uncomfortable for a few weeks until you become accustomed to them.

We expect to see you for minor adjustments until any problems diminish, it is always best to wear your new dentures 24 hours before your appointment so your dentist can see any problem areas.

Eating with your new dentures will take a little practice, start with soft foods and small pieces until you are more accustomed to them.

Your dentures may also alter your speech slightly to start with and pronouncing certain words may require some practice initially. Any problems rarely persist beyond two weeks.

## **How to take care of your denture.**

Like natural teeth dentures should be cleaned daily to remove any plaque or debris, ideally a rinse after every meal will clear any food particles from the fitting surface.

Use mild detergent to clean your dentures. Dentures are delicate and can break if dropped so it is recommended that you clean them over a sink of water to prevent any accidents.

Avoid using abrasive cleaners that can roughen the polished surface.

Do not use bleach as this may whiten the pink acrylic.

Avoid very hot water as this may distort the denture.

The NHS offers a free repair service should you break your denture, just contact the surgery to be advised.

Some local dental laboratories can offer same day repairs.

Denture wearers still need regular visits to the dentist to maintain good oral health and monitor the general health of your mouth.

You should always remove your dentures at night.