

Denture Care Instructions

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:

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.

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 cold water). This allows the gums to rest and promotes oral health. If you have concerns about removing your dentures, please discuss it with your dentist.

Discomfort - Most people manage to adapt well to new dentures irrespective of any denture experience. However, you may have sore spots 24-48hrs after initial wear. You may already have an appointment to see your dentist who will ease these areas to improve the fit. The sore spots 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 denture wear until 2-3days before the review appointment.

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

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

Replacing dentures - Over time dentures will need to be relined, rebased or remade due to normal wear. The dentist will use your existing denture to reline or rebase. It may need replacing if they become loose and the teeth show signs of significant wear. Dentures become loose because the mouth naturally changes with age. Gums and the underlying bone can shrink, causing the dentures to become loose. It is important to replace worn or poorly-fitting dentures before they start causing problems.

If you have any further concerns, please discuss them with your dentist.