SCARBOROUGH
DENTAL & IMPLANT CLINIC

New Denture Information

Your new dentures have been made to fit your mouth, but to begin with they will feel bulky.
Success depends on how well you adapt to them.
The more you wear them – the better chance you've got!

- For the first week, wear your dentures night and day for the first two days, taking out only to clean
- After the first two days, take your dentures out for bed
- Take the dentures out to clean them at least once a day
- Do not leave the dentures soaking in Steradent/Milton's for a long time

The dentures are making my mouth sore

You will probably get sores spots/ulcers after 24-48hrs. Give us a ring so we can adjust the dentures for you. The ulcers may take up to a week to heal after that. If you cannot see your dentist immediately, reduce or stop denture wear until the day before the review appointment, then put them back in so we can see the sore spots.

I can't eat with my dentures in

Start with soft foods and progress onto 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 to avoid tipping at the back end of the dentures.

My speech sounds different

Your speech may sound different to begin with, but it should be back to normal within a week, The more you practice speaking the easier it will be!

Replacing dentures

Over time dentures will need to be relines, rebased and 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 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 do require any further adjustments please call us on 01723 818584, or email info@scarboroughdentalimplantclinic.com

Cleaning Your Dentures

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1. **Clean dentures every day**

Use a soft denture brush to remove plaque and food debris. Avoid regular toothpaste on dentures, as its abrasive ingredients may damage their surfaces.

Combine brushing with chemical soaking using a non-abrasive, purpose-designed denture cleanser suitable for your denture. Follow the manufacturer's instructions.

Only use denture cleansers outside the mouth, and rinse dentures thoroughly before putting them back in.

2. **Follow advice for your denture type**

Full dentures: Daily soaking in a suitable denture cleanser is recommended. If you use denture adhesive, remove it every day. Adhesive should not be used to compensate for a poorly fitting denture.

Partial dentures: Remove your denture before cleaning it and your remaining natural teeth. Brush natural teeth with fluoride toothpaste and clean between them, paying particular attention to teeth that support the denture.

Hypochlorite and chlorine-based solutions should generally be avoided for dentures with metal components.

3. **Remove dentures during sleep and store them safely**

Remove dentures at night when clinically appropriate, particularly if you are older or medically vulnerable. Your dental professional can advise on individual circumstances.

When dentures are not being worn, keep them in a clean container under conditions suitable for their material. Acrylic dentures should be protected from drying out. Avoid high temperatures, which can distort dentures.

4. **Have regular professional reviews**

Have your dentures and oral health reviewed regularly, ideally at least once a year.

Your dental professional should check denture fit and function, the health of your mouth, your cleaning routine and any remaining natural teeth.

Denture Adhesive Guide

1. **Apply a small amount to a clean, dry denture**

Clean and dry your denture before applying adhesive cream. Use a small amount, following the placement instructions on the packaging.

One application a day should usually be sufficient. Avoid using increasing amounts or repeatedly reapplying adhesive to keep a loose denture in place.

2. **Insert the denture and hold it firmly in place**

Put the denture into your mouth and hold it firmly in position for a few seconds.

If adhesive oozes out, you have used too much. Wipe away and discard the excess. Avoid eating or drinking for the first few minutes after application, following the product instructions.

3. **Remove dentures and adhesive every day**

Remove your dentures at night and clean both the denture and your mouth thoroughly to remove adhesive residue.

If you wear partial dentures, pay particular attention to cleaning around clasps and the natural teeth that support the denture.

Ask your dental professional for advice if you find it difficult to remove adhesive or manage your cleaning routine.

4. **Have regular professional reviews**

Arrange regular appointments so your dental professional can check your mouth, denture fit and any remaining natural teeth.

If your denture becomes loose, its fit changes or you need more adhesive to keep it secure, seek professional advice. Adhesive should not be used as a substitute for adjusting or replacing an unsuitable denture.