

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!

How do I clean my dentures?

You must clean your dentures at least once a day. Use a hard toothbrush and soap - not toothpaste and not boiling water You should use a denture cleaner (e.g. Steradent or Milton's) as well, every 2-3 days. Only use for 5-10 mins then rinse in water. Do not leave the dentures soaking in Steradent for too long, or it will bleach out your denture!



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