

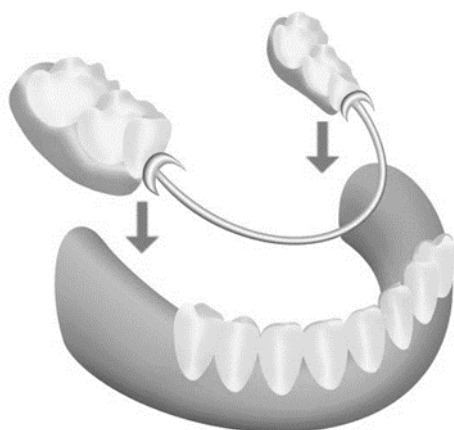
Patient information

New Dentures

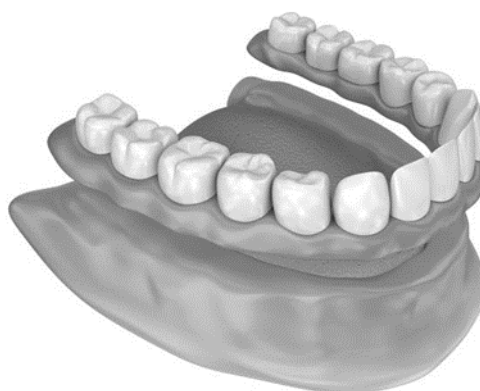
Liverpool University Dental Hospital

Your new dentures have been made to fit your mouth.

However, their success depends on how well you adapt to them and also you being able to take care of your dentures and your mouth. Here are some tips to help you:



Partial Dentures



Complete (full) Dentures

Getting used to your new dentures

Your new dentures might feel bulky and strange at first, but with time, practice and perseverance, most people get used to them. We will offer a review appointment to see how you are getting on and make any adjustments to your dentures that may be needed.

Denture wear

Wear the dentures during the day, but you need to remove them to clean them after meals. Take any dentures out before going to bed and always store them in a container of cold water. If dentures are allowed to dry out they will distort.

Taking your dentures out for part of the day is important as this allows the gums to rest and helps to keep your mouth healthy. If you have any concerns about leaving your dentures out at night, please discuss these with your dentist.

Discomfort

It is common to experience sore spots beneath and around new dentures as they are settling in. If you find the discomfort is too great you should stop wearing the denture but try to wear it the day before your review appointment.

This will help to show the dentist any areas on the denture causing the soreness. The dentist can then adjust these and try to make you more comfortable. Any sore spots often take a week or two to heal after any adjustments.

Eating with your new dentures

Start with soft foods moving onto more solid food as you become used to your dentures. You may need to cut food into small portions and chew using both sides of your mouth to prevent dentures tipping. Avoid biting with your front teeth (like biting into an apple) as this will cause the back of the dentures to tip and loosen.

Speaking with your new dentures

Your speech may sound different and pronouncing certain words requires practice. However, your speech should be back to normal in a few weeks. You can help speed up this process by reading out aloud from a book, newspaper or magazine.

Excess salivation

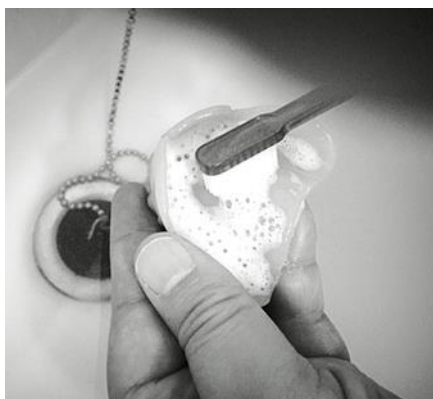
It is usual to make more saliva for a few days after wearing new dentures, this will usually wear off with time. Try to swallow more, sometimes sucking a sugar free sweet might help with this.

Cleaning your dentures

Daily cleaning of your denture prevents build-up of food debris, stains and tartar. If left these can cause problems with appearance, mouth odour, gum irritation and infections.

Brushing

Use a soft toothbrush or denture brush to clean your denture, together with washing up liquid and water, making sure you rinse them well afterwards. Avoid using toothpaste, abrasive paste or smokers' toothpaste, as these can damage your denture.



Use washing up liquid and brush



Rinse well afterwards

Dentures can break, so always fill a sink/bowl with water, before you clean your dentures over the sink/bowl, just in case they slip out of your hands. It's best to brush or rinse the denture after every meal to prevent the build-up of food debris.

Soaking

You can use proprietary denture cleaning tablets or solutions for soaking your dentures. However, done thoroughly brushing is probably best. But soaking can help to loosen and remove stains and deposits.

In order to prevent damage to your denture always follow manufacturer instructions and avoid soaking dentures in water that is too hot or leaving them in cleaning solution overnight.



Add denture tablet to water



Soak



Remove and Rinse

If your denture has metal components or a soft lining these can be damaged by some denture cleansers. They can be carefully cleaned using a soft brush and warm soap water, if in doubt ask your dentist.

Care of your mouth

It is important that you take care of your mouth even if you don't have any natural teeth. Brushing your gums, tongue and palate with a soft brush helps to remove plaque and improves the health of your mouth. If you have partial dentures take extra care of your teeth and gums and remember to have your mouth and dentures checked regularly by a dentist.

If you wear partial dentures

Special attention should be given to your natural teeth and always remove your dentures before cleaning your teeth.

Sometimes the natural teeth may suffer from areas of gum shrinkage, known as recession. These areas should always be cleaned very carefully as the exposed root surface can be prone to decay, as dentures may trap food debris and plaque against the tooth surface.

Brush your natural teeth twice a day using a gentle circular motion pointing the bristles of your toothbrush towards the gumline. If advised by your dental professional clean between your teeth too using special interdental brushes or dental floss. Always try to rinse your mouth after eating and if possible remove the denture and rinse it under the tap to remove any food particles that may get trapped.

Replacing dentures

Over time dentures may need adjusting or replacing because they become loose as your gums and the underlying bone shrink. On average dentures should be replaced every five to six years or so but this varies from person to person and can be advised by a dentist.

It is important to replace a worn or poorly-fitting denture before it starts causing problems with your teeth or gums.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

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

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