

Caring for your Dentures

New Dentures

- If you are wearing dentures for the first time they will feel very different to your natural teeth.
- New dentures will feel different to your old dentures
- Allow yourself time to adjust to your new dentures; It may take several weeks before you feel comfortable.
- It is common to have some discomfort or difficulties. Everyone is different.
- You may produce more saliva than usual but this will settle with time.

Eating Tips

- Begin with eating soft foods
- Chew using both sides as equal pressure helps keep the denture in position.
- Cut food into smaller pieces
- Rinse your denture and mouth with water after eating

Sore Spots

- You may experience pressure or sore spots.
- Rinse your mouth with warm salty water.
- The denture may require an adjustment by the Dentist
- DO NOT attempt to adjust the denture yourself.
- Contact Western Smiles to arrange an adjustment appointment

Wear your dentures for 24 hours prior to adjustment appointment so sore spots are more easily identifiable by the dentist

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Cleaning Your Dentures

Like natural teeth, dentures attract plaque, stain and collect food particles and bacteria that cause bad breath and infections.

- Remove dentures before cleaning.
- Clean dentures over a hand-basin half filled with water to prevent breakage if dropped.
- Brush dentures with a soft brush using soap and water or a denture paste, then rinse well
- Do not use standard toothpaste, it is abrasive and will damage the denture.
- If you have a partial denture take care not to bend the clasps.
- Store them in a denture box to dry overnight.
- Soaking your denture each week in water with a denture tablets can be useful to remove stains.

Caring for your mouth and any remaining teeth

- Rest your gums at night by leaving your dentures out.
- Brush your gums, tongue and palate with a soft toothbrush each morning and night.
- Brush any remaining natural teeth with soft toothbrush and fluoride toothpaste, like Colgate Total, each morning and night.
- Visit your dentist for regular check-ups of your gums and any remaining teeth.

If you have any concerns with your new denture, please call Western Smiles to organise an appointment.