

Congratulations on your new set of dentures, now that you have a new dentures, there are a few denture care protocols to follow in order to enjoy a new set of functional dentures and maximise the potential benefits.

Denture care

- Clean dentures after every meal with a soft bristle brush, over a basin filled with water or a soft towel (eliminates dentures dropping into a basin and fracturing)
- Try to avoid using toothpaste to clean dentures (eliminates scratching on dentures surface due to abrasive nature).
- Use mouthwash and brush gums and tongue.

Denture wear

- Take dentures out at night (it can cause bacteria to colonise in the mouth if left in over night and may cause future problems with dentures and health).
- Keep dentures moist when taken out of the mouth, place in a glass of water (dentures can become weak and brittle if it is not moist).
- Use of a denture ultra-sonic (Dentures are placed into a machine to clean the dentures over night).
- Dentures may rub into areas and create sore spots, leading to little ulcers which can be adjusted in the clinic. (if a sore spot develops leave the dentures out until your next appointment and re-insert a day before hand, this will help identify the areas and the dentures will be adjusted accordingly).

Eating

- Start of with soft foods and cut into small pieces and eat slowly (this allows time for the dentures to embed into your gums and allows practice of controlling the dentures during eating).
- Only start eating chewy and sticky foods once you have mastered controlling your dentures.

Speech

- Sometimes takes a few weeks for your tongue to adapt to new dentures.

A new set of dentures should last for many great years and over time new dentures will embed into your gums. Eating and speaking will become natural with the muscles in your face working together with your dentures.

Sometimes dentures may fracture (if dropped etc.), need re-lining (due to bone loss or unstable dentures) or teeth added to a denture (if teeth are extracted) , this can be fixed by booking an appointment with our clinic.