

# Advice on your new dentures



## Information for patients Charles Clifford Dental Hospital

New dentures can be difficult to get used to. Your mouth will take time to adjust to them. It is likely you will need several appointments over the next few months to have minor adjustments before they feel totally comfortable.

### **What should I do if they are loose?**

In certain difficult cases (especially lower dentures) the dentures may not stay in place unaided. Denture adhesives or fixatives may help this situation and should be seen as an aid to better adhesion, not a sign of failure.

### **Are there any foods I should avoid to start with?**

Although you may wish to tackle an apple, carrot or steak as a first meal, you should cut up your food into small pieces and chew on both sides of the mouth. Remember, new dentures take time to settle in and feel totally comfortable.

### **How should I clean my dentures?**

It is important to clean your dentures and your mouth. You should have a toothbrush or nailbrush for cleaning your dentures, and a soft toothbrush for your mouth.

Your dentures should be cleaned after every meal by rinsing and gently brushing away food debris with a soft nailbrush, or toothbrush, and soapy water. You should do this over a basin filled with water to avoid fracturing the dentures should you drop them.

You can soak the dentures overnight with denture cleansers, such as Steradent®, but you must follow the manufacturer's instructions very carefully. Avoid using boiling water, bleach or other household cleaners.

### **How should I care for my mouth now I have dentures?**

In order to maintain the health of your mouth, your dentures must be removed for at least 2 hours each day. Ideally you should not sleep with your dentures in. When not in the mouth, the dentures should be kept in a clean water bath.

When you take your dentures out, you should clean your gums and tongue to prevent infections and remove trapped debris. This is best done by gently massaging your gums, tongue and palate with a soft toothbrush and rinsing with water.

## Who should I contact if I have any concerns?

If you are having problems, please call us on **0114 271 7800**, and a review appointment will be made for you.

When attending for an adjustment, please ensure that you have worn your dentures for the previous 24 hours to allow us to locate the exact area of discomfort. Do not try to adjust the dentures yourself as this may cause irreparable damage.

Never throw away your old dentures. You may need them over the first few months!

## What should I do if I break my dentures?

If any problems occur in the first twelve months, we will provide review appointments. If your dentures are broken within this period we provide a denture repair service. A minimum of 24 hours will be needed to repair the denture.

Alternatively, a free NHS denture repair service is available from some NHS dental practices.

## Who should I see for long-term care of my mouth and dentures?

On completion of your treatment, we advise that you register with a dental practitioner for annual examinations of your mouth. The dental hospital cannot provide an ongoing follow-up for complete denture patients.



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