

## **Denture Care Instructions**

### **Adapting to your Denture**

- Initially after your fit of the denture you will find areas uncomfortable. This should generally be short lived and your gums should soon acclimatise to them.
- You may need to visit the dental practitioner again to have any high spots or sore adjusted. If you do come to visit us for adjustments, make sure you wear the dentures for at least 24 hours prior to the visit so we know where the sore areas are.
- To overcome initial speaking difficulties, try and recite the days of the week repeatedly.
- You may also use a denture fixative such as Fixodent to aid the fitting of your denture in areas where there is not much ridge for the denture to fit into.

### **Hygiene Instructions**

- Clean your dentures several times a day. No matter how well the denture fits, you will still get food trapped between the denture surface and your gums and palate.
- Ensure you clean all the surfaces of the denture with a denture brush or a soft headed tooth brush if possible.
- You should generally leave them to soak in water overnight to avoid any damage or warping of the denture. (Avoid boiling hot water)
- There are many denture cleaning products on the market – ask your dentist for their recommendations. You must follow manufacturer instructions for the different products.
- Avoid any bleaching products as this can lead to weakening of the denture.

### **NOTE**

- If you have any further problems or questions please consult your dental practitioner.
- It is still important to visit your dentist regularly for check-ups even with full mouth dentures. This is to ensure that the soft parts of the mouth are healthy as well, including the tongue and cheeks. It also allows dentists to spot any signs of infections at early stages.