



Denture care and maintenance

Dentures are artificial teeth attached to a plastic base, designed to match the colour and shape of your natural teeth. The dental lab uses impressions and recommendations from your dentist to craft dentures that are unique to your mouth. To maintain comfort, oral health and the condition of your dentures, speak to your dentist for advice and follow the following general guidelines.



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Adjusting to new dentures

For the first few days:

- New dentures may feel tight, uncomfortable, or bulky. Gums may be sensitive or sore. This is normal during the adjustment period.
- Soft foods are recommended.
- Some people may experience gagging or increased saliva.
- Speech may be affected temporarily, especially with full dentures.
- A check-up after the first few days is crucial to review and adjust sore spots.

Practical tips

Insertion and removal: Your dentist will demonstrate proper techniques to avoid damaging dentures.

Eating with dentures: Eating with dentures requires practice. Start with soft foods cut into small pieces, chewing slowly. Avoid biting with front teeth, instead use the canine teeth.

Cleaning your dentures: Clean dentures after meals or at least twice daily, rinsing them with warm or cold water or mouthwash. For partial dentures, proper toothbrush and floss use is taught by your dentist. Use a soft toothbrush and approved denture cleaner to gently clean both sides. Soaking in a daily cleaner disinfects and removes odours. Do not use hot/boiling water as this will warp your dentures. Avoid abrasives, detergents, bleach or strong chemicals of any kind.

Overnight care: Removing your dentures overnight allows gum tissues to heal, preventing gum infections and reducing teeth grinding. Some dentists suggest dry denture storage to minimise fungal growth, while others recommend water storage. Ask your dentist for their recommendation.

Oral hygiene: Maintain oral hygiene by gently rubbing gum tissue with a wet cloth, face washer, or similar material. Also, clean the top of your tongue.

Speech: Initial speech difficulties generally improve over the first week or two. Practice difficult words in front of a mirror.

Avoiding breakage: Dentures are very fragile. Handle them over a soft surface such as a towel or basin filled with water to avoid damage. If a denture breaks or a partial denture clasp is damaged, stop wearing it and consult your dentist. Do not glue or modify dentures as this can lead to irreparable damage.

Denture modification

Over time, dentures can become loose. Dentists can improve fit by adding inner lining, sometimes requiring multiple adjustments. Over-dentures and partial dentures typically need fewer adjustments compared to full dentures. People with some natural teeth often have less gum shrinkage, preserving a better fit. Loose dentures can lead to painful gum irritation and ulcers, potentially causing infection. DIY adjustments are discouraged.

Soreness

If soreness develops under a denture, contact your dentist for an adjustment. In case of worsening soreness, remove the denture for part of the day and wear it for several hours before your dental appointment to pinpoint the necessary adjustments.

Regular check-ups

Routine dental check-ups are essential for denture wearers. Dentists will assess denture fit and remaining teeth. If you experience sore gums, chipped dentures, or breaks, seek immediate care. Over time, dentures may require replacement due to wear and tear.