

You & Your Dentures

Care for your Mouth:

- Remove your denture at night prior to sleeping. The denture should remain out of your mouth for a least 8 hours in each 24-hour period.
- Use a soft toothbrush to massage and cleanse all of the gums under your denture (unless teeth have recently been removed).
- A lack of exfoliation of the gum tissues can lead to fungal infections, excessive scrubbing may thin the tissues and cause pain. Find a balance that works well for you.
- After each meal, remove the denture and rinse them off under running water. If you're out for dinner, rinse them off when you get home.
- Denture adhesive may be used to help get used to Complete Dentures (Full Arch of Teeth).
- Continue to come for 3-monthly or 6-monthly cleanings with our hygienists.

Care for the Denture:

- Thoroughly cleanse the inside as well as the outside of the denture, once you are done wearing it for the day. Use a denture brush or soft-bristled toothbrush and liquid soap or non-abrasive bar soap. Toothpaste should not be used on a denture – it will scratch the denture causing discolouration.
- Brush the denture over a basin on water. If the denture should slip and fall, the water will help to prevent damage to the denture.
- Soak the denture overnight in 'denture cleaning tablets' – available at most grocery stores and pharmacies.
- Never let the denture dry out. When it is not in your mouth it should be kept in cleaning solution or plain water. Change cleaning solutions/water daily.

What To Expect:

- It may take some days or weeks to get accustomed to your new dentures. Sometimes it can take some perseverance. If you are finding them difficult to adjust to, try to wear them as much as possible while you are doing other activities at home such as reading and watching TV.
- Do not eat apples, corn on the cob or other foods that tend to dislodge the dentures and may cause harm to the weak part of the gums in the front of your mouth. These foods should be cut with a knife and fork and chewed on your back teeth. Tearing or biting food with your front teeth tends to unseat the dentures.
- If any problem arises with your denture, return to your dentist for help. DO NOT attempt to adjust your own denture.
- No denture is permanent. Changes will continue to occur in the bones and gums of your mouth. Return to your dentist at least once a year for a regular check-ups and maintenance of your denture.