

GP Dental

excellence in dental care

YOUR NEW DENTURE – Page 1.

What to expect over the first few weeks/months

- The denture may feel tight and bulky.
- The denture may rub on the gums and create ulcers.
- Some people experience a gagging sensation at the back of their throat.
- You may notice an increase in the amount of saliva in your mouth.
- A soft diet may be necessary.
- Speech may be affected.
- You may need to see your dentist for adjustments.
- **Remember, even if you have worn dentures before, your new dentures may feel uncomfortable at first. Your mouth needs time to adapt to them.**

Cleaning your denture

- After each meal, remove your denture and rinse it with water.
- Clean your denture twice a day by removing it and cleaning it using a *soft* tooth brush under cold soapy water. Take care not to bend any metal clasps on the denture.
- If you have a partial denture, ensure you also brush your own teeth and gums while the denture is out of the mouth.
- If you find a white build up beginning to form, soak the denture in a dilution of white vinegar and water overnight and brush thoroughly in the morning.

Inserting and removing the denture

- Ensure your dentist has properly instructed you on how to do this before you leave the surgery. Practice this in front of a mirror and this will become simple in no time.

Warradale
8298 7699

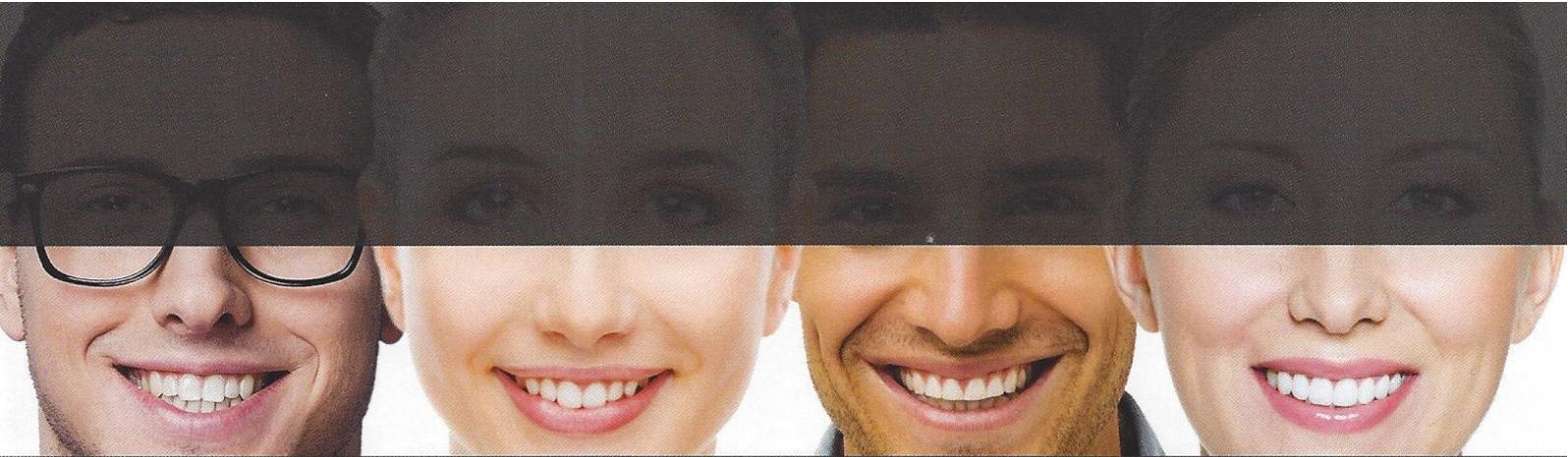
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YOUR NEW DENTURE – Page 2.

Eating

- Cut food into small pieces as required.
- Chew slowly and use your tongue to distribute food to both sides of your mouth. This helps to keep the denture stable.
- Cheek and tongue biting may occur while your mouth gets used to there being teeth where there weren't previously.

Overnight care

- It is strongly recommended that you remove your denture overnight, allowing the tissues to rest.
- After thoroughly cleaning the denture, place in a cup of water. Do not allow the denture to dry out.

Ulcerations

- If ulcerations occur, take the denture out when possible to allow tissues to heal
- Warm salt water will help the ulcers heal
- Over the counter ointments may offer some comfort e.g. Bonjela
- If ulcerations persist or recur, see your dentist for a denture adjustment

If you have any concerns please contact our surgery

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