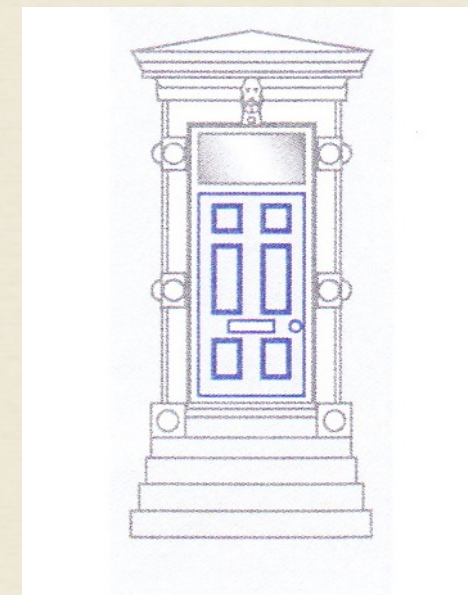




**ADDITIONAL PERSONAL ADVICE  
FROM YOUR DENTIST**

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**VICTORIA DENTAL PRACTICE  
DENTURE ADVICE LEAFLET**

## NEW DENTURES

Even if you have had dentures before, new dentures can feel strange especially with eating and talking. With perseverance these issues usually settle. However these tips can help you get used to them as quickly as possible.

- When eating, cut your food up into small pieces; choose soft but not sticky foods at first, and take small mouthfuls.
- Try to chew on your back teeth first to help stabilize your denture whilst eating.
- When alone, practise talking (or singing!) in them as this will help your speech and control improve quickly.
- Wear them as much as possible, but, unless advised otherwise, do not sleep in them, to give your mouth chance to get some rest and air. When you are not wearing them overnight, store in cold water to prevent them drying out which could cause distortion or cracking.

## CLEANING

Try to rinse your mouth and denture after every meal, and after any denture soaking, and to clean them at least twice a day.

Always remove your denture before cleaning your natural teeth. Make sure you clean all the teeth surfaces and any visible root, especially where the denture or clasps touch, as this is an area prone to decay.

When cleaning your denture use a denture brush and cleaning paste or soap. Remember to clean the inside and the outside and any clasps that they may have.

## DENTURE CLEANING SOLUTIONS

### ACRYLIC DENTURES

**After cleaning** leave the denture overnight in a hypochlorite denture cleaner to soak. This helps prevent fungal growth on the denture. Don't use bleach or household cleaners as it may damage the dentures.

### METAL DENTURES

Metal dentures should be cleaned as described above, but should only left occasionally to soak for no more than 10 mins in a denture cleaner; leave overnight in fresh water. Excessive soaking with denture cleaners will damage the metal.

## DENTURES FITTED STRAIGHT AFTER EXTRACTIONS (IMMEDIATE DENTURES)

These dentures should not be removed for the first 24 hours whilst the mouth is still clotting. After that, for the first week during the first healing phase where the mouth may be sore and swollen, take them out only to clean with a brush and reinsert them straight away. In this first week do sleep in them. After that wear and clean them as previously described, and don't sleep in them unless your dentist advises differently.

Immediate dentures may become loose in the first few months due to mouth healing and changing shape, and new dentures or relines may be advised.

## DENTURE PROBLEMS

Soreness/ulceration. This can sometimes happen with new teeth. Take them out and arrange an ease appointment with the practice. Try to wear the denture for half an hour before the appointment, to aid diagnosis.

Difficulty eating, talking, keeping teeth in place. If after following the advice mentioned, problems persist please contact the practice, for further help. However with wearing and time these issues usually settle.