

Advice to Patients on the Use and Care of their New Dentures

Your dentist has done their best to make you a good set of teeth, but now their success depends on you. The new set of dentures will probably feel a little strange, but don't worry because your dentures have been specifically tailored to suit your requirements. It is important to be patient, especially during the early stages. Do not be upset by minor difficulties at the start. You need to make your mind up to get used to them as quickly as possible. Here are a few practical hints on the care and use of your dentures.

1. EATING

- Cut food into small bite-size pieces.
- Chew slowly with your side teeth.
- Learn to bite with your back teeth before your front ones.
- Practice eating with soft, non-sticky foods.
- Learn to use your tongue and cheeks to control the dentures while you eat.

2. TALKING

- Don't worry if your speech is initially altered. This is to be expected.
- If you practice reading aloud, your speech will soon revert to normal and talking will help your dentures settle in too.

3. CLEANING

- Like natural teeth, the dentures should be cleaned at least twice a day.
- Always remove your dentures from your mouth before cleaning them.
- Remember to clean them over a sink of water – this acts as a cushion to prevent them from breaking if they fall.
- Use a good toothbrush and clean all surfaces thoroughly with soap and water.
- If you choose to soak your dentures, then follow the manufacturer's instructions.
- Never put your dentures in hot water. They will melt.

4. NIGHT-TIME

- Wear your new dentures at night until you are quite used to them.
- Later, it is better to remove them at bedtime.
- Place them in clean water or a recognised cleaning agent.
- Never allow them to become completely dry.

5. ADJUSTMENTS

- All new dentures can cause your mouth to become sore.
- If your mouth becomes too sore then remove the dentures, but begin to wear them a day before your next appointment so that the sore area is easily visible to the dentist. This makes adjusting them much easier.

6. REVIEWS

- Visit your dentist at least once a year.