

# How to look after your dentures

Your new dentures will feel very strange at first but as you get used to the wearing and caring of your dentures, rest assured you will feel more confident and comfortable.

## Adapting to your dentures

- ☀ **Wearing your dentures.** Follow the advice of your dentist. Allow your dentures time to 'bed in' over a couple of weeks, but return if they cause severe problems.
- ☀ **Eating and drinking.** Avoid hard or sticky foods, and those with pips or seeds as they can get trapped under the dentures. Take care with very hot and cold foods. Your sense of taste may feel impaired, but you will soon adapt.
- ☀ **Biting and chewing.** Take small bites and try to chew slowly and evenly with both sides of the mouth.
- ☀ **Speaking.** This will feel strange at first and you may have a lisp. This will soon disappear as your mouth gets used to your dentures. If this does not subside, consult your dentist.

## Looking after your dentures

- ☀ Wash your dentures over a sink filled with warm soapy water and clean thoroughly using the warm water and a soft toothbrush.
- ☀ **DO NOT USE TOOTHPASTE**
- ☀ Soak your dentures in a glass of water with a suitable denture cleanser overnight
- ☀ Remember to clean any remaining teeth you have as you normally would do and your gums, tongue and roof of your mouth.
- ☀ Before you put them back in, give them a good rinse under running water.

## Denture Adhesive

You may require the use of a denture adhesive. This is not unusual, even the most well-fitting denture can demonstrate signs of movement and looseness. To apply your chosen dental adhesive:

- ☀ Clean and dry your dentures carefully.
- ☀ Apply the adhesive sparingly in short strips or a series of spots, not too close to the denture edges.  
If oozing occurs, use less product.
- ☀ Press dentures firmly into place and hold briefly. Wait several minutes before eating or drinking.
- ☀ When removing your denture, gently lever the dentures, starting at the back of the mouth, using a finger to lift and twist to break the adhesive seal.