

your new dentures

How do I clean my dentures?

Remove your dentures before cleaning. You can either brush them with a denture brush and toothpaste or a soft nail brush and soap, twice a day. It is also a good idea to soak them regularly in a special cleaning solution, such as Steradent tablets.

How long after extractions do I have to wait before having dentures fitted?

Dentures can be fitted on the day of the extractions and these are called immediate dentures. However, immediate dentures will need modifying, re-lining or replacing within the first 6 months due to changes that will take place in your gums after extractions. The dentist will advise you on the expected time periods.



INFORMATION
FOR PATIENTS

Advice for new denture wearers

dentures

How long will it take to grow accustomed to my new dentures?

Everyone will have a different experience with their new dentures and whilst some people may get used to them very quickly, others may take a little longer. Although the time period varies almost everyone gets used to them relatively quickly, even though it might not seem so at first. It is often helpful to use a denture fixative for the first few weeks.

How do I chew with my new dentures?

There is a certain 'knack' to learning to chew with new dentures. Initially you can try cutting your food into smaller pieces than usual and chewing on both sides of your mouth at the same time. Once you have worn them for a while, your tongue and lips will learn how to eat (and talk) with dentures without you having to think about it at all.

Will the dentures affect my sense of taste?

Your sense of taste might be slightly lessened by the dentures. This is because they cover the taste buds in the roof of your mouth. The taste buds on your tongue and your sense of smell will compensate however, and enable you to enjoy food as usual.

Will my dentures stay in position?

Well-designed dentures should stay firmly in place and fit your gums comfortably. However, due to changes in your mouth, over time dentures may become loose or start slipping. If this starts to happen you should consult the dentist. You can use a fixative cream to hold loose dentures in place, but not for an extended period of time.

Should I wear my dentures to bed?

Most dentists will advise against wearing dentures whilst sleeping. This is because if they are taken out, it allows the mouth and gums to rest. Whilst out of the mouth your dentures must be kept in a moist environment to stop them from drying out.

Will my mouth feel sore when I first start wearing dentures?

It is common for your mouth to feel a little sore within the first few hours of wearing new dentures. This soreness is usually transient, but if it persists, or the mouth becomes particularly sore in a specific area, consult your dentist who may be able to make adjustments.

When should I replace my dentures?

To reflect changes in the mouth throughout life, you will probably need to change your dentures every five years. Ill-fitting or broken dentures are not only uncomfortable but can affect the mouth or the jaw joints.

