



This information is for people who wear dentures. It explains getting used to dentures and discusses wearing dentures overnight, cleaning of your dentures and looking after your dentures.

What are dentures?

Dentures are false teeth that have been custom made to fit your mouth. They replace your natural teeth. A full or complete denture replaces all of your natural teeth and a partial denture rests on an acrylic or metal framework that attaches or clips to some of your remaining natural teeth.

Looking after your dentures

Dentures are fragile and may break if dropped. Handle dentures over a folded towel or sink filled with water.

Take care with delicate partial dentures to prevent breakages. Avoid undue heavy biting on individual front teeth.

Make sure clasps fit accurately so they do not rub or wear teeth, and make sure clasped teeth are cleaned well to avoid decay.

Storage of dentures

Both new and old dentures when not being used should be stored clean and dry in a container that allows air flow to avoid

bacterial build up on dentures. Ensure to clean dentures thoroughly again before use.

For more information

Call 1300 300 850 to arrange an appointment.

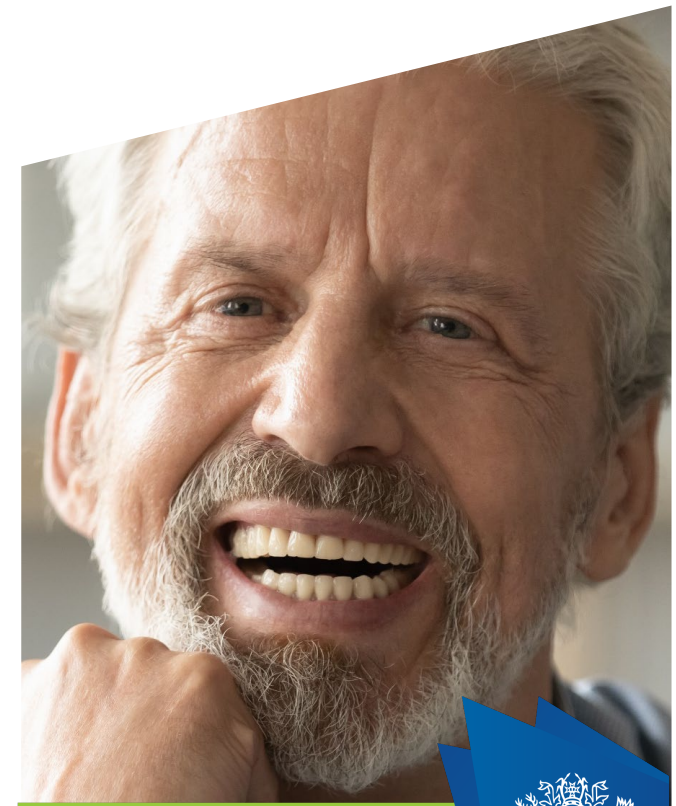
Visit www.health.qld.gov.au/oralhealth

Call 13 HEALTH (13 43 25 84)
for confidential health advice 24 hours a day.

Oral Health

Denture instructions

Healthy teeth for life



PATIENT INFORMATION

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Getting used to new dentures

New dentures take time to get used to, so don't worry if they feel strange at first. It will take a little time for you and your mouth to adjust.

Your Dental Professional will have taken great care to make your dentures fit but they may require slight adjustment in the first week or two while the dentures seat themselves.

Minor sore spots or tenderness usually heal in a day or so. If you experience frequent or long lasting tenderness of the gums, rest your mouth by removing your dentures and rinsing with warm salty water for at least 1 minute AM and PM.

If soreness persists, you should make an appointment with your Dental Professional.

Common changes you may notice when you are first fitted with new dentures

Appearance

Most dentures made with today's technology look very natural and other people can't tell you are wearing them. However, you may feel your teeth are more prominent and your lips are fuller. After several days, your facial muscles will relax and your dentures will seat themselves and your face and mouth will have a more natural appearance.

Speech

You may experience some speech difficulties during the first few days. Your new denture/s will feel different from your natural teeth or from your previous dentures. Dentures also affect your tongues movements. Once your tongue gets used to the new dentures your speech will return to normal. Speaking or reading out loud and in front of a mirror will help you get used to your denture.

Sense of taste

At first, food may taste a little different. This is just your mouth adjusting to the feel and texture of your new dentures. Food will soon start to taste normal again.

Nausea

If you feel nauseous after inserting your denture, relax and breathe in and out through your nose. Usually this feeling will pass and you should continue to wear your denture/s. If it is an ongoing problem, contact your Dental Professional as an adjustment of the denture/s may be necessary.

Eating

It is likely you will experience some difficulty eating when you first receive your denture/s. It is common for a lower denture to move a little due to the action of your tongue, cheeks and lips when chewing. With practice, you will learn to control the movement of the lower denture.

For the first few weeks

Cut your food into smaller pieces, place only a small portion in your mouth at any one time, try softer foods. Avoid food with a chewy, sticky or crunchy texture that can easily dislodge your denture/s.

Wearing dentures at night

It is highly recommended by your Dental Professional if you wear either full or partial dentures that you **remove them at night time**. This allows your gums and other denture bearing areas a chance to rest. This also allows antibacterial agents in your saliva to flow freely through your mouth.

However, if you do choose to leave your dentures in at night time this can cause soreness, tenderness and redness to your gums. Resorption and bone loss are also accelerated if dentures are worn 24 hours per day and can become a breeding ground for oral bacteria and fungi which can cause irritations and disease.



Cleaning your dentures

Like natural teeth, dentures attract plaque, become stained and collect food particles that can cause bad breath or irritate your gums.

Keeping your dentures clean is vital for good oral health. Whenever possible, your dentures should be cleaned immediately after eating. If you are away from home, rinse the dentures under tap water. Clean your dentures at least twice a day. The best cleaning method is a combination of brushing and soaking.

Brushing

Use a small soft toothbrush soap or non-concentrated dishwashing liquid.

Do not use toothpaste.

Soaking

Soaking does not replace brushing but helps to clean difficult to reach areas.

Commercial soaking agents are available from supermarkets and pharmacies, or you can make an inexpensive alternative at home by mixing equal parts of white vinegar and water. After soaking, thoroughly brush and rinse dentures in water. Don't use hot water as it may adversely affect the denture material.

Your Oral Health

To protect your oral health, you also need to look after your gums, tongue, palate and any natural teeth by brushing twice daily with a soft bristled brush.

Regular dental checks are also important to monitor the health of the soft tissues in your mouth and diagnose other conditions.