

# canmore dental practice

## Patient Information | Denture Hygiene Advice

Please read through this advice leaflet. It describes the best way to care for your denture and your oral hygiene and gives advice for the next few weeks after the fitting.

- After your new denture has been fitted it is very common to experience discomfort and changes in your mouth – you may feel less confident to speak, less room for your tongue, that the denture is too big, difficulty eating, and you may feel you produce more saliva. These are all normal responses and in time they will disappear when you struggle to wear it, the options are coming into the practice to possibly have your denture relined or you could try fixative adhesives such as Fixodent, Polygrip etc.
- When eating and drinking, avoid hard or sticky foods and those with pips or seeds as they can get trapped under the denture. Take care with very hot and cold food. Your sense of taste may feel impaired but you will quickly adapt. Take small bites and try chew slowly and evenly with both sides of your mouth.
- Practice speaking in front of the mirror to give you confidence, and first you will feel your speech is impaired but it will return back to normal once you are used to the denture.
- **Cleaning and wearing your denture;**
  1. Wash your dentures over a sink filled with water to avoid breakage if the drop.
  2. Clean and brush your denture with a soft nylon brush using ordinary toothpaste and warm water.
  3. Soak your dentures over night in a glass of fresh water and a suitable cleanser if you wish and when rinsing, rinse under a running cold water tap.
  4. Never wear your denture at night, only wear it during the day and remove at night for cleaning. If left in the mouth constantly a thrush like bacterial disease can form in the mouth.
- As well as keeping your denture clean you need to keep your mouth clean too;

### **Full denture wearers**

Gently brush your gums with a soft brush and water to keep them in good condition

### **Partial denture wearers**

Additionally clean remaining teeth with a regular toothbrush and toothpaste to maintain optimal oral health.

- If you have had a tooth out when getting your plate fitted we advise you to keep your denture in for that night only to help the socket heal, if you need to put pressure on the socket to stop it bleeding then bite on the pack given to you with your denture.