



**South Downs
Denture Services**

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New Denture Advice

1. Dentures are removable mechanical substitutes for missing living tissues and will always exhibit a small amount of movement when in the mouth, especially when chewing food. Biting on the front teeth can cause the denture to lever away from the gums, so try biting slightly towards the side and back teeth.
2. After many years wearing ill-fitting and worn-down dentures, the height of the patient's face often reduces. Returning your jaw to its natural position with new dentures can temporarily affect your ability to chew and bite.
3. Learning to chew satisfactorily with new dentures usually requires at least 6-8 weeks, and sometimes even longer. New memory patterns must be established so that the muscles of your tongue, cheeks and lips learn to keep your dentures in position. During this period:
 - Begin by eating small bites of finely sliced foods and avoid tough, hard and sticky foods.
 - Chew up and down rather than side to side and on both sides of your mouth at the same time.
 - Avoid bringing the lower front denture teeth forward against the upper front denture teeth.
 - Sucking on a boiled sweet may help the muscles to adjust quicker.
4. Some patients experience speech difficulties following fitting of new dentures. In most cases, with the passage of time, patients do accommodate to this. You should have been made aware of this possibility prior to the start of treatment.
5. Initially your dentures may cause you to produce more saliva than normal. This gradually reduces over time as your mouth gets used to them. Sipping water to thin your saliva and swallowing more often can help.
6. Occasionally some of my patients require denture fixative in order to keep their dentures more secure. If you were to need fixative, the amount will usually be much less than you used with your old dentures.
7. The upper denture may extend further back in the mouth compared to your current denture. The extra extension is important in order to produce good suction (peripheral seal). I am confident that you will accommodate to this.
8. Careful handling of dentures is required because they can break if dropped on to a hard surface.
9. Please follow the advice on denture and oral care given overleaf.
10. If you have any queries or concerns, please do not hesitate to contact me.

Denture and oral care advice

1. It is recommended that you remove your dentures overnight. If you prefer not to do so, then remove them for at least 30 minutes daily. This helps to keep your gums healthy and allows your mouth to rest.
2. Store your dentures in cold water, in a clean container.
3. Clean your dentures daily to improve your overall well-being. Cleaning reduces the build-up of plaque and prevents inflammation of the gums and other oral tissues. Your mouth will stay healthy, your breath will be fresh and it will keep your denture comfortable to wear.
4. Pressure points and sore points may develop under and around dentures during the first few days of wear. Placing a small amount of fixative onto a sore area can help to cushion the soft tissue, if the pain is not too great.
5. If the irritation is very painful, stop wearing your dentures and use hot salt water rinses twice daily to alleviate the soreness. Try not to allow this to become an ulcer as this will take much longer to heal. Wear the dentures again the day before your check appointment so that you know exactly where the sore area is.
6. With partial dentures, follow the insertion and removal advice I gave at the final insertion appointment. Please do not bite them into place as this may loosen and break the clasps and damage your mouth.
7. Denture cleaning advice:
 - Ideally, remove your dentures after every meal and rinse your mouth and dentures with water.
 - Before you clean your dentures, place a flannel / towel in the basin, or fill the basin with water, to prevent the denture from breaking if it should fall while you are cleaning it.
 - Clean with a soft bristle toothbrush and a non-abrasive cleaning agent such as anti-bacterial hand soap, which has an anti-fungal property. Denture cleaning tablets and harsh chemicals like bleach are not advised as these can damage the denture.
 - Clean the inner and outer areas of the pink part of the denture which touches the gums and carefully clean between the teeth, then rinse under running water.
 - Clean any remaining natural teeth using fluoride toothpaste. Clean your gums with a suitable mouth rinse and gently massage the toothless areas with a soft brush.
 - Cleaning dentures in the dishwasher or with boiling water may turn the pink parts of your denture white. This can also cause the denture to lose its shape, which can cause pressure points.
 - Do not scrape off deposits with a sharp instrument as this will damage the denture surface, which will harbour bacteria and plaque.