

CARE OF YOUR FULL DENTURES

These notes are for your guidance and to help you obtain comfort and efficiency from your new dentures. Artificial (false) teeth are only substitutes and can never be as efficient as natural teeth. You have spent considerable time and money having these new dentures made. Like all new appliances. It will take some time for you to become used to them. The amount of time will depend on your bodies' adaptability to change, for some people it may be a couple of days for others it may be a couple of weeks. You must look after your dentures carefully in order to have good service.

Here are some suggestions that may help:

1. Insertion and Removal.

I will show you how to place and remove your dentures. Be sure that you can do this before you leave the clinic.

2. Function.

If you have worn dentures before, your new dentures may feel strange at first. This is because your mouth takes some time to adapt to the new dentures. When eating start with soft foods e.g. (Pasta, fish, casseroles, stews and/or soft vegetables.) Do not expect to be able to eat steak or peanuts on your first night. Take in small amounts and chew slowly. Bite the food at the corners of the mouth, not at the front. If possible, chew on both sides at the same time. This is not as easy as it sounds. Your speech will also sound different, but it will return to normal as you become more used to the feel of your new dentures.

3. Overnight Care.

Dentures should be removed before going to bed, as this gives the mouth a chance to rest. This will also prevent you from unconsciously grinding your teeth at night. Clean your dentures thoroughly and place them in a container of water overnight. Ask me for information and advice on cleaning agents.

4. Your Oral Hygiene.

New dentures replace the teeth that you have lost. To maintain a healthy condition, **IT IS NECESSARY** that you take great care to clean your mouth as well as your new dentures. Use a soft toothbrush to massage and clean your mouth and use a mouthwash to give your mouth a fresher feeling.

5. Maintenance.

Clean your dentures after each meal in order to keep them free from food particles and plaque. Brush both the inside and outside surfaces of the dentures with a good quality denture toothbrush - do not waste money on expensive toothpastes, the cheapest one available will do just as well as the more expensive brands. If you normally wear glasses be sure to wear them while cleaning your dentures and that you have good light available. Place some water or a damp cloth in the basin during cleaning, to prevent damage if you drop your dentures while cleaning. **DO NOT** use hot water, abrasives or laundry bleaches. If you break your denture stop wearing it and telephone for an appointment to have it repaired. Do not glue the parts together as the use of an unsuitable glue will ruin the denture. Then it will be impossible for me to repair it correctly and cheaply. If tartar build up becomes noticeable, try soaking your dentures in a mixture of white vinegar (1 part) and water (3 parts). This generally will help to remove the tartar.

6. Pain.

Some pain may develop under your new dentures. In this case make an appointment to have the dentures adjusted. If the pain becomes severe and you are not able to come and see me leave the dentures out. However, it is necessary that you wear your denture(s), if you can for a few hours before your dental appointment as this will help me to locate the problem area and also freshen it up in your mind as to where and what the problem is. **DO NOT ADJUST YOUR DENTURES YOURSELF** .

7. Other common complaints.

The two most common complaints with new dentures are first: that the bottom denture tips up on one side when you bite together. If this happens come back and see me as the problem is very easily rectified. Second: that the bottom denture floats around too much, again, if this happens return and see me as this also can be rectified with some help from you.

I CAN NOT EMPHASIZE ENOUGH THAT IF YOUR DENTURES HURT YOU PLEASE COME BACK AND SEE ME AS IT IS POINTLESS TO PERSEVERE WITH THE DENTURES IF THEY ARE HURTING YOU.