Patient Instructions for New Dentures

- Success of new dentures primarily depends on the patient’s attitude towards accepting change.

- At first, the new denture may feel strange/bulky and/ or loose.

- These “normal” sensations will take time to adapt to.

- Patience, time and a positive attitude will see the initial problems progressively disappear.

- It takes time to learn to use a new denture. Be aware that even if you have worn a denture before, it will take practice until the tongue and cheek muscles learn to keep the denture in place.

- Food should be cut into small portions and soft foods to be eaten at first.

- It may take some weeks for the soft tissues to heal or adjust.

- If continued discomfort and irritation occurs, contact your dentist who will adjust the denture to provide relief. (9497 4777)

- Leave the dentures out at night to allow the gums to rest, and be massaged by the tongue and be washed by the natural salivary flow.

- Leave the denture immersed in fresh water (never hot) over night – never allow them to dry out or they will warp and change shape making it impossible to put back in.

- Soak the dentures in a proprietary denture cleanser, e.g. sterident, to avoid stain and bacterial build up. Do not use any other cleaners or disinfectants as they will damage the denture.

- After every meal clean dentures with a soft toothbrush and hand soap – not toothpaste as it is too abrasive and will take off the polished shine.

- Do not allow build up of plaque and calculus on dentures.

- Do not attempt to self adjust or repair dentures as this may ruin them.

- Denture repairs are to be carried out by the dentist or a dental technician.

- Although the denture will retain its shape, the mouth is constantly changing which can make the denture become loose. It is important to have regular check ups and consequent adjustments or relines to maintain optimal oral health and keep the denture firmly in place.