

Advice for Denture Wearers

How do I look after my dentures?

Clean them thoroughly twice a day by taking them out and cleaning with a special denture brush or large toothbrush. Clean with a suitable denture cream such as Dentu-Creme or other non-abrasive toothpaste. Frequent use of ordinary toothpaste will lead to wear of the denture and loss of fine detail in the appearance. Leave to soak in water or a proprietary denture cleaner. Never use any type of bleach.

How long will it take to get used to them?

Most people experience some initial problems with eating and talking in their new dentures, this is expected. Talking gradually improves after a few days. Start eating soft foods initially, then progress to a normal diet. Sticky foods will give the greatest problems. Expect the dentures to take up to at least 4 weeks to feel completely normal. It will take longer than this if the dentures are not worn all the time or old dentures are re-used.

My new dentures are sore!

It is quite common that sore areas develop on the edges of the new dentures. Please continue to wear them but arrange an appointment to see your dentist as soon as possible, we always try to see patients as soon as possible. This allows the dentist to see the cause of the problem and correct it straight away. It is tempting to take the dentures out or revert to old dentures, however the quicker the problem is resolved, the quicker they will be problem free. Sometimes more than one adjustment is needed, a dentist may be reluctant to take too much off the denture in one go as the fit may be affected.

They seem to rock on biting or one side closes together before the other side does?

This problem can create sore areas underneath the denture where pressure congregates or leads to loss of secure fit as the denture tips. Contact your dentist so that an adjustment can be made. If you only have one denture and no back teeth biting on it, tipping on biting can only be cured by a denture replacing the back teeth too.

Should I take them out at night?

It is always best to take dentures out each night and leave them soaking/moist. This allows the teeth and gums to have a break and stops potential pressure on the gums whilst asleep. This reduces wear on the denture and also reduces the possibility of gum disease or tooth decay if you have teeth remaining. If you choose to wear the dentures at night, then there must be some time that the dentures must be kept spotlessly clean (such as soaking in an appropriate cleaner or brushing).

I've just had teeth out, what can I expect?

Dentures are immediately fitted so they replace the gaps. They may need final fitting and smoothing a few days later after the anaesthetic has worn off. The dentures should be worn continually for the first week after cleaning each night. Whilst cleaning the dentures you should rinse the extraction site with warm salt water or mouthwash. The dentures should be cleaned with a firm brush and any debris removed. After the first week take the dentures out each night. As the swelling and the extraction site heals the dentures will become more comfortable and gradually fit better. After a few months, the bone shrinks and the shape of the gums change. The dentures gradually lose their good fit and may become loose. After 3 to 6 months the dentures will need a new base, called relining, to fit better. Alternatively new dentures can be constructed. This allows the old set to become spares. This new set should last much longer.

How Long Do Dentures Last?

It depends on the denture obviously but 5 to 8 years is usual. A laboratory reline can help to improve the fit but as wear increases the jaws may change alignment giving your profile an aged look and making the dentures unstable. The teeth may look worn and the appearance and wearability will be affected.

I find it difficult to clean my dentures - any advice?

Clean the dentures over a part filled basin of water so if they drop they will not break. Avoid wearing the dentures at night, material builds up more rapidly and stain becomes more engrained. Special grips can be placed over denture brushes so that they can be held more easily.

Do I Need a Spare Set?

Yes - you have many sets of clothes and most people will be equally embarrassed if they had to eat or talk without the reassurance of dentures! You may be without dentures if they were damaged, lost or being repaired for any reason. Usually an old set can be the spare, and many people choose to have them relined so they will fit better.

My dentures always seem sore - I just can't get on with them!

Consult your dentist to see what he/she advises, alterations, adjustments, or relining can be performed. There may be a possibility of dental implants retaining a denture or even having a permanent bridge, talk with your dentist. There is always a solution!

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