



## LOOKING AFTER YOUR DENTURES

Your dentist has just fitted your dentures. You will need to look after them properly so that they can serve you effectively for a long time.

You might initially experience some discomfort especially when eating with them. This is very likely with new dentures especially if you've never used a denture before or if you've been without one for a long time.

This can usually be adjusted by your dentist if necessary until it becomes comfortable.

### **Below is a guide for looking after your dentures:**

1. Brush and rinse your denture daily with a soft tooth brush and clean water. This should be done over a bowl or sink of water to prevent damage to the denture if accidentally dropped.
2. Mild hand soap with a denture brush can be used to clean your denture. Do not use toothpaste as this is abrasive and could cause damage to your denture.
3. When not wearing them, keep your denture moist so they don't dry out and loose shape. It can be kept in clean water.
4. Never place dentures in hot water as this can cause them to distort.
5. Always take your dentures out at night. This gives the denture bearing areas of your gums an opportunity to recover.
6. Strict oral hygiene is necessary with denture wearers. This will prevent unnecessary infection of the mouth.
7. Always have a regular dental check-up.
8. If your denture is partial and you still have some of your natural teeth, please take your denture out before brushing your teeth.

Dentures are foreign to your mouth and might need some patience and perseverance in adapting to them. If you decide to use denture cleaning agents, please read and follow the instructions carefully.