



HughRich Dental

DENTURE INSTRUCTIONS

Much care and skill have gone into the making/repair of your dentures. People often need a period of adjustment to accept the new dentures. There may be a feeling of fullness in your mouth, initially. Insertion and removal of the denture may be difficult at first, but with practice you will overcome this problem. Remove and insert the denture by holding the plastic part and avoid applying too much pressure on the thin metal parts or clasps. Eating and speaking may be difficult, at first. Try to practice these functions in private, and if you feel that after some time, these functions are not improving, then contact the dental practice for further advice.

Dentures will change over time and will often wear or deteriorate over time. The tissues underlying the denture are constantly changing and this may cause the denture to become loose and ill-fitting. Pain, soreness, cheek-biting and ulceration are some of the signs and symptoms that may occur. People should not attempt to adjust their denture but should rather contact the practice for denture adjustments. Dentures need to be assessed periodically to ensure that they serve their function as best it can.

The following simple procedures can help you get the most benefit from your dentures and extend its life.

1. Dentures should not be worn at night, to allow for resting of the underlying tissues and for blood to circulate in the surrounding oral tissues. A good analogy would be, just as feet need to be relieved of the pressures of wearing a shoe.
2. Dentures that are not used should be placed in water to prevent them from drying or warping.
3. Dentures should be regularly cleaned to prevent conditions like a burning mouth or halitosis (bad breath). Dentures should be taken out of the mouth and brushed daily **without** toothpaste as this may damage the denture over time. A soft brush or commercial denture cleaning agents may be used. Care should be taken around the clasps of some dentures since these can break very easily.
4. Dentures should be cleaned over a basin of water, which acts as a safety net should they fall. Plaque, calculus and stains that cannot be removed from the denture can also be cleaned at the dental practice.
5. People should not forget to brush their gums and remaining teeth with toothpaste as well.